

Ninth Grade Health Lessons (revised 2019-2020)

The state of Kansas revised the Health Standards in July of 2018. The new standards were used to evaluate curriculum and resources. The sequence of the lessons can be determined by the classroom teacher. Goodheart-Willcox is the publishing company. The text is called Comprehensive Health and is the adopted health book for the USD497.

National Standards

- **Unit 1 Introduction to Health and Wellness**

Chapter 1 Understanding your health and wellness

1.12.2, 1.12.6, 2.12.1, 3.12.1, 3.12.3, 3.12.5, 4.12.2, 5.12.1, 5.12.6, 6.12.1, 6.12.3

Chapter 2 Risk factors: behavior, genes, environment

1.12.3, 1.12.4, 1.12.5, 2.12.1, 2.12.4, 2.12.8, 2.12.9, 3.12.3, 5.12.1, 6.12.1,

Presentation Lawrence Memorial Hospital on Safe Driving

6.12.2, 8.12.3, 8.12.4

- **Unit 2 Nutrition and food choices**

Chapter 3 Nutrition

2.12.5, 3.12.1, 5.12.1, 5.12.3, 5.12.4, 5.12.5, 6.12.4, 8.12.2, 8.12.3

Presentation and Project with District Farm 2 School Program

Chapter 4 Body weight and composition

1.12.3, 1.12.4, 2.12.2, 2.12.4, 2.12.7, 7.12.2,

Chapter 5 Body Image

1.12.5, 1.12.7, 1.12.9, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.7, 2.12.10, 5.12.7, 8.12.1, 8.12.4

- **Unit 3 Fitness and Personal Health**

Chapter 6 Physical Fitness

1.12.1, 1.12.7, 5.12.6, 6.12.3, 6.12.4, 8.12.4

Chapter 7 Sleep

1.12.1, 1.12.3, 8.12.1

Chapter 8 Personal hygiene and basic healthcare

1.12.7, 2.12.8, 3.12.2, 5.12.2, 5.12.4, 5.12.5, 8.12.3

Presentation and demonstration of CPR using mannequins

- **Unit 4 Understanding and Avoiding Hazardous Substances**

Chapter 9 Tobacco

1.12.8, 2.12.3, 2.12.9, 3.12.2, 4.12.2, 8.12.1, 8.12.2

Vaping Presentation from Lawrence Douglas County Health Department

Chapter 10	Alcohol	1.12.8, 3.12.4, 5.12.2, 5.12.4, 7.12.3
Chapter 11	Medications and drugs	1.12.5, 1.12.8, 5.12.5, 7.12.1, 7.12.3

● Unit 5

Diseases and Disorders

Chapter 12	Infectious diseases	2.12.10, 7.12.2, 7.12.3
Chapter 13	Sexually transmitted infections and HIV/AIDS	2.12.10, 3.12.4, 4.12.1, 6.12.3
Chapter 14	Noncommunicable diseases	6.12.2

● Unit 6

Mental and Emotional Health and Wellness

Chapter 15	Achieving mental and emotional health	2.12.7, 5.12.7
Presentation from the mental health team		
Chapter 16	Managing the stress in your life	1.12.9, 5.12.6
Chapter 17	Mental Illnesses and disorders	3.12.2, 3.12.4, 4.12.4

● Unit 7

Social health and wellness

Chapter 18	Healthy family and peer relationships	4.12.1, 4.12.2, 4.12.3
Chapter 19	Dealing with conflict, violence, and abuse	2.12.6, 4.12.3, 4.12.4, 7.12.1
Presentation from Willow Domestic Violence		
Presentation from The Trauma and Care Center		

● Unit 8

Mental and Emotional Health and Wellness

Chapter 20	Reproduction and pregnancy	
Presentation from Let's Talk		
Chapter 21	Childbirth and parenting newborns	5.12.3
Chapter 22	Human development across the life-span	
Chapter 23	Pregnancy prevention	
Chapter 24	Understanding sexuality.	

Kansas State Standards 2018

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.