

The Smith School**2013-14 Health Course Curriculum**

Text: Getchell, Pippen, & Varnes. Health. Houghton Mifflin and DC Heath

Course Objectives:

Health is a required semester class in the state of New York. This course is a serious, in-depth approach to taking responsibility for one's emotional, physical, and social welfare as a young adult, and perhaps eventually as a parent.

In order to understand how to stay healthy and fit, one must have a familiarity with basic biology and physiology. Once these concepts are understood, Health students can take an active role in their own health welfare.

We'll particularly focus on individual health needs. Each of us has different starting points and goals for personal health and fitness. After charting and analysing our personal lifestyle trends in a few different areas, we can more easily make plans to improve our overall health.

Course Requirements:

Quizzes and Exams: 25%

Journal Entries: 25%

Participation: 50%

- Exams and quizzes are given weekly and account for the majority of the course grade.
- Homework is assigned Monday through Thursday and counts for a significant portion of the course grade. All homework assignments are posted on Edmodo.
- Class participation is calculated in a student's final grade. Participation is graded daily according to the following rubric:

Poor - 0%	Acceptable - 50%	Excellent - 100%
<ul style="list-style-type: none">• Talks over others• Shows no evidence of reading/viewing materials• Sleeps or leaves class• Becomes distracted often• Makes inappropriate or no comments and responses• Doesn't contribute to group work	<ul style="list-style-type: none">• Listens to classmates and teacher• Shows evidence of comprehending class materials (text, video, etc)• Stays awake and alert• Avoids distractions• Adds some responses to conversation• Contributes somewhat to group work	<ul style="list-style-type: none">• Encourages classmates to contribute• Contributes additional materials to topic of study• Voices original ideas and questions about topic• Helps free classroom of distractions• Leads group work by providing good example

Course Outline:

Week 1-4	<ul style="list-style-type: none"> ● Personal Health Basics <ul style="list-style-type: none"> ○ What you “Know” and what you can learn about health <ul style="list-style-type: none"> ■ Inexact science ○ Health mythbusters poster ○ Analyzing Influences on your Health (p35) ○ Sleep Recording and Analysis <ul style="list-style-type: none"> ■ Analyzing sleep ■ Sleep posters ○ First-Aid Essentials <ul style="list-style-type: none"> ■ DRAB ■ Heimlich Maneuver ■ create PSA <ul style="list-style-type: none"> ● example example example ● procedure ● storyboard ■
5-6	<ul style="list-style-type: none"> ● Nutrition <ul style="list-style-type: none"> ○ Elements of Dietary Health <ul style="list-style-type: none"> ■ changing recommendations ■ new pyramid ■ tracking health ■ School lunch ○ Digestive Biology ○ Examining and Adjusting diet <ul style="list-style-type: none"> ■ reading food labels ■ Calorie count ■ Food chart ■ food group tracking worksheets ○ Eating Disorders ○ Food Supply and Environment
7-8	<ul style="list-style-type: none"> ● Drugs <ul style="list-style-type: none"> ○ Analyzing Drug Ads ○ Alcohol ○ Tobacco ○ Other Controlled Substances <ul style="list-style-type: none"> ■ Drug Facts vs Fiction ■ Short term effects ■ Long term effects ○ Seeking Help for Yourself or Others <ul style="list-style-type: none"> ■ Letter to a friend journal entry ○ Social History of Drug Use and Misuse <ul style="list-style-type: none"> ■ Medicine vs Recreation

	<ul style="list-style-type: none"> ○ Legality Issues
9-11	<ul style="list-style-type: none"> ● Emotional Health <ul style="list-style-type: none"> ○ Mood charting ○ Defining and Understanding Your Emotions ○ Developing a Healthy Personality <ul style="list-style-type: none"> ■ Personality Types ■ Identity and Self-Image ○ Stress <ul style="list-style-type: none"> ■ Effects ■ Treatment and Prevention ○ Mental Disorders <ul style="list-style-type: none"> ■ Classification and Understanding ■ Treatment ■ Social Implications
12-14	<ul style="list-style-type: none"> ● Disease <ul style="list-style-type: none"> ○ Genetic vs Environmental Health Issues <ul style="list-style-type: none"> ■ Family History ■ Environmental Concerns ○ Infectious and Noninfectious Diseases <ul style="list-style-type: none"> ■ World Historical Perspective of Human Health <ul style="list-style-type: none"> ● Game of Death ■ Disease Prevention Organizations ○ The Big 3 in America <ul style="list-style-type: none"> ■ Cancer ■ Heart Disease ■ Diabetes ○ AIDS <ul style="list-style-type: none"> ■ History ■ Causes and Prevention ■ Social Implications ○ Other STDs <ul style="list-style-type: none"> ■ Classification and Understanding ■ Prevention and Treatment
15-16	<ul style="list-style-type: none"> ● Personal Health Analysis Project ● Reducing Risks in Daily Life ● Getting Serious About Taking Care of Yourself