

Health (HS)

Physical Education and Health

Grade(s) 9th - 12th, Duration 1 Semester, .5 Credits
Required Course

Course Overview

The course includes the following units, in a form that is appropriate to the developmental level of the students: self-esteem, suicide prevention, family violence and abuse, decision-making, body systems, sexual reproduction, fitness and nutrition, communicable and non-communicable diseases, sexually transmitted diseases, drug education, and emergency First Aid.

The format consists of lecture, discussion, and student participation. Guest speakers may occasionally be invited. A final term paper of 500 words may be required at the end of the semester on one of the topics.

Timeframe	Unit	Scope And Sequence	
			Instructional Topics
1 Week(s)	Healthy Foundation		1. Health and wellness 2. Personality theories 3. Coping strategies
4 Week(s)	Stress and the body		1. Stress reduction
1 Week(s)	Common mental health issues		1. Common issues
1 Week(s)	Developing relationships		1. Developing and maintaining relationships
1 Week(s)	Marriage and family		1. Success in family relationships 2. Parenting responsibly 3. Conflict resolution
3 Week(s)	Food and nutrition		1. Nutrition information for life
3 Week(s)	Fitness and body systems		1. Nervous system 2. Skeletal and muscular system 3. Circulatory system 4. Body composition 5. Importance of Fitness
2 Week(s)	Drugs		1. Drug abuse prevention 2. Alcohol 3. Tobacco
1 Week(s)	Heartsaver CPR		1. Life support
1 Week(s)	Human sexuality		1. Healthy reproductive systems

Materials and Resources

Glencoe [Health](#) (selected chapters and online resources)
Guest speakers

Prerequisites

None

Course Details

Unit: Healthy Foundation

Duration: 1 Week(s)

Unit Overview

Students will explore foundational aspects of mental and physical health, building on prior knowledge and extending it.

Materials and Resources

Glencoe [Health](#) Chapters 1-3

Academic Vocabulary

health, risk behaviors, advocacy, values, decision-making skills
mental/emotional health, resilient, personal identity, role model, personality, character, emotions, defense mechanisms
stress, stressors, psychosomatic response, traumatic event

Summative Assessment

Test

Topic: Health and wellness

Duration: 1 Day(s)

Topic Overview

Students will focus on total health and avoidance of risk behaviors.

Learning Targets

Total health

Overview of total health and behaviors to promote health and wellness.

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Topic: Personality theories

Duration: 1 Day(s)

Topic Overview

Students will explore the development of personal identity and character.

Learning Targets

Self esteem and positive identity

Students will explore various aspects of personality theories.

Topic: Coping strategies

Duration: 1 Day(s)

Topic Overview

Students will explore healthy ways to cope with stress.

Learning Targets

Problem solving and stress management

Students will learn about coping strategies to deal with stressors.

Unit: Stress and the body

Duration: 4 Week(s)

Unit Overview

Physiological responses to stress

Academic Vocabulary

Relaxation techniques, progressive relaxation, deep breathing, visualization, biofeedback, yoga, acupuncture, humor therapy, pet therapy, meditation, imagery, massage

Topic: Stress reduction

Duration: 5 Day(s)

Topic Overview

Students will explore various techniques to reduce stress, and will begin to apply them selectively.

Learning Targets

Vocabulary

Students will increase their vocabularies by learning the meaning of terms associated with stress reduction.

Researching stress reducing strategies

Students will research many currently accepted strategies including relaxation, yoga, biofeedback, and others. They may participate in demonstrations of selected techniques.

Unit: Common mental health issues

Duration: 1 Week(s)

Unit Overview

Students will become acquainted with symptoms and treatments connected with common mental health issues including selected phobias, eating disorders, depression, and clinical personality disorders.

Topic: Common issues

Duration: 1 Week(s)

Topic Overview

Students will increase vocabulary and will learn about phobias, eating disorders, depression, and selected personality disorders.

Learning Targets

Vocabulary

Students will master vocabulary pertaining to key mental health issues.

Activities and role-playing

Students will participate in a variety of activities to demonstrate understanding and application of key concepts in working with those who suffer from these disorders in order to enhance growth and development.

Unit: Developing relationships

Duration: 1 Week(s)

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Unit Overview

Students will explore key aspects of developing healthy relationships.

Topic: Developing and maintaining relationships

Duration: 5 Day(s)

Topic Overview

Students will focus on key ideas such as communication (verbal and non-verbal), listening skills, and kind actions.

Learning Targets

Practical exercises

Students will participate in a variety of activities to demonstrate understanding and application of key concepts in relationship building for health.

Vocabulary

Students will master key terms relating to establishing positive relationships with peers.

Unit: Marriage and family

Duration: 1 Week(s)

Unit Overview

Student will explore selected aspects of interpersonal relationships within the family.

Topic: Success in family relationships

Duration: 1 Day(s)

Topic Overview

Students will explore the dynamics of interpersonal communications and positive attitudes to foster healthy family relationships.

Learning Targets

Vocabulary

Students will master key terms relating to relationships, self respect, and communication.

Practical exercises

Students will participate in a variety of activities to demonstrate understanding and application of key concepts in strengthening family relationships.

Topic: Parenting responsibly

Duration: 2 Day(s)

Topic Overview

Students will explore aspects of parenting in order to set personal standards for raising their own children in the future.

Learning Targets

Vocabulary

Students will master key terms relating to healthy child-rearing practices.

Practical exercises

Students will participate in a variety of activities to demonstrate understanding and application of key concepts in working with young family members to enhance growth and development.

Topic: Conflict resolution

Duration: 2 Day(s)

Topic Overview

Students will extend knowledge of effective strategies to reduce conflict in interpersonal settings.

Learning Targets

Vocabulary

Students will master key terms relating to positive methods for resolving interpersonal conflict.

Practical exercises

Students will participate in a variety of activities to demonstrate understanding and application of key concepts in conflict resolution.

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Unit: Food and nutrition

Duration: 3 Week(s)

Unit Overview

Students will extend prior knowledge of nutrients required for healthy growth and development, will review the interpretation of nutrition labels on processed food, and will set goals for lifetime dietary health.

Topic: Nutrition information for life

Duration: 1 Week(s)

Topic Overview

Students will extend prior knowledge of nutrients required for healthy growth and development, will review the interpretation of nutrition labels on processed food, and will set goals for lifetime dietary health.

Learning Targets

Vocabulary

Students will master key terms relating to nutrition, food labels, food safety, and weight maintenance.

Practical exercises

Students will participate in a variety of activities to demonstrate understanding and application of key concepts in nutrition and weight management.

Unit: Fitness and body systems

Duration: 3 Week(s)

Unit Overview

Students will conduct research and participate in group presentations to the class on assigned topics.

Topic: Nervous system

Duration: Ongoing

Topic Overview

Students will learn about the nervous system and will master key vocabulary terms.

Learning Targets

Preparing a presentation

Students will work as a cooperative group to research the assigned topic and construct a presentation for the class.

Group presentation

Students will provide accurate information to their peers in an engaging fashion.

Topic: Skeletal and muscular system

Duration: Ongoing

Topic Overview

Students will learn about the skeletal and muscular system and will master key vocabulary terms.

Learning Targets

Preparing a presentation

Students will work as a cooperative group to research the assigned topic and construct a presentation for the class.

Making a presentation

Students will provide accurate information to their peers in an engaging fashion.

Topic: Circulatory system

Duration: Ongoing

Topic Overview

Students will learn about the circulatory system and will master key vocabulary terms.

Learning Targets

Preparing a presentation

Students will work as a cooperative group to research the assigned topic and construct a presentation for the class.

Making a presentation

Students will provide accurate information to their peers in an engaging fashion.

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Topic: Body composition

Duration: Ongoing

Topic Overview

Students will learn about a system for defining body composition and will master key vocabulary terms.

Learning Targets

Preparing a presentation

Students will work as a cooperative group to research the assigned topic and construct a presentation for the class.

Making a presentation

Students will provide accurate information to their peers in an engaging fashion.

Topic: Importance of Fitness

Duration: Ongoing

Topic Overview

Students will learn about the importance of fitness and will master key vocabulary terms.

Learning Targets

Preparing a presentation

Students will work as a cooperative group to research the assigned topic and construct a presentation for the class.

Making a presentation

Students will provide accurate information to their peers in an engaging fashion.

Unit: Drugs

Duration: 2 Week(s)

Unit Overview

Students will extend their knowledge of the use and abuse of controlled substances including alcohol, tobacco, and off-label drugs. They will conduct research and will advocate particular positions based on accurate information.

Materials and Resources

Guest speakers, online resources

Academic Vocabulary

Depressants, narcotics, stimulants, psychedelics, marijuana, inhalants, steroids, designer drugs, look-alike drugs
SADD, Alcoholics Anonymous, Ala-teen

Topic: Drug abuse prevention

Duration: 1 Week(s)

Topic Overview

Students will research the life of a famous person who had problems due to drug abuse, will design a high school drug education program, and will learn about the effects of various types of drugs.

Learning Targets

Research project

Students will research the life of a famous person who had health and legal problems due to drug abuse. They will present their findings to the class.

Drug education

Students will design a high school drug education program, paying attention to the needs and interests of their peers. They will address several aspects of drug abuse's impacts on families and the nation.

Review of terms/vocabulary

Students will expand their vocabularies and will demonstrate quick recall of definitions by playing Drug Jeopardy.

Topic: Alcohol

Duration: 2 Day(s)

Topic Overview

Students will engage in a reflective activity and will hear presentations on the topic of recovery from alcohol abuse.

Learning Targets

Reflection

Students will consider and write out a response to the prompt: How has alcohol affected my life?

Guest speakers

Students will hear from guest speakers who have information on the effects of alcohol and tools for recovery.

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Topic: Tobacco

Duration: 3 Day(s)

Topic Overview

Students will analyze advertising for tobacco, conduct a debate on issues related to smoking, and research the ways federal funds are spent for tobacco use reduction.

Learning Targets

Marketing

Students will analyze advertising for tobacco.

Debate

Students will conduct research, take a position on an aspect of tobacco use, and defend the position in a debate.

Federal funds

Students will discover the distribution of funds sent to Kansas from the US government for tobacco reduction.

Unit: Heartsaver CPR

Duration: 1 Week(s)

Unit Overview

Students will learn basic techniques of first aid and cardiopulmonary resuscitation.

Materials and Resources

American Heart Association course in basic life support

Topic: Life support

Duration: 1 Week(s)

Topic Overview

Students will learn about basic life support actions to take in an emergency.

Learning Targets

Basic theories of life support

Students will learn the theories of life support using a valid third-party curriculum.

Practical exercise

Students will practice the techniques they have examined in previous lessons.

Unit: Human sexuality

Duration: 1 Week(s)

Unit Overview

Students will learn about the anatomy of reproductive systems, stages of development, and specific sexually transmitted diseases.

Materials and Resources

Online resources, teacher-created materials, guest speaker

Summative Assessment

None

Topic: Healthy reproductive systems

Duration: 1 Week(s)

Topic Overview

The anatomy of reproductive systems, stages of development, and specific sexually transmitted diseases.

Learning Targets

Male system

Students will receive an overview of the male reproductive system in lecture and question-and-answer format. A line drawing will be labeled with pertinent nomenclature during the lecture.

Female system

Students will receive an overview of the female reproductive system in lecture and question-and-answer format. A line drawing will be labeled with pertinent nomenclature during the lecture.

Health care practices

Students will learn about sexually transmitted disease and ways to avoid them through adopting healthy practices.

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