

# Wellness III

## Unit 1 Making Healthy Decisions

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
6 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	Health and wellness are comprised of several factors. <ul style="list-style-type: none"> <li>Two factors that can be used to evaluate health are life expectancy and quality of life.</li> <li>The aspects of health that are important to overall well-being are physical health, mental health, and social health.</li> <li>Many of the choices that you make on a daily basis affect your position on the health continuum.</li> </ul>	Describe two factors that can be used to evaluate overall health.  List three aspects of overall health.  Explain how the choices that people make can affect their positions on the health continuum.	Prentice Hall Health Chapter 1 Section 1	Health  Life expectancy  Quality of life  Goal  Physical health  Mental health  Emotional health  Social health  Continuum  Wellness	10.1.9.A
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and	Identifying health risks. <ul style="list-style-type: none"> <li>Heredity, environment, media, technology, health-care, and behavior are factors that influence health.</li> <li>When you evaluate a risk factor, consider both the</li> </ul>	Identify factors that can influence a person's health.  Describe three strategies you can use to evaluate risk factors.	Prentice Hall Health Chapter 1 Section 2	Heredity  Gender  Environment  Culture  Media	10.1.9.A

		the lives of others around me?	short-term and long-term consequences. Decide whether you can control the risk factor. Analyze the possible benefits and risks of a decision.			Habit Risk Factor	
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	<p>Taking responsibility for your health.</p> <ul style="list-style-type: none"> <li>The broad goals of Healthy People 2020 are to increase the years of healthy life or each American, and to eliminate differences in health based on race, ethnic group, or income.</li> <li>There are three steps you can take to help you meet your personal goals – gaining awareness, gaining knowledge and building skills.</li> </ul>	<p>Describe the broad goals of the healthy People 2020</p> <p>Identify three steps you can take to meet your personal health goals.</p>	<p>Prentice Hall Health Chapter 1 Section 3</p> <p><a href="http://www.healthypeople.gov">www.healthypeople.gov</a></p>	<p>Prevention</p> <p>Values</p> <p>Action Plan</p> <p>Advocacy</p> <p>Health Literacy</p>	10.1.9.A
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	<p>Being a wise health consumer.</p> <ul style="list-style-type: none"> <li>Before buying a product, consider safety, cost, the warranty, and consumer testing. Find out whether the person who will perform a service is qualified. To evaluate health information, you need to evaluate the sources of the information.</li> <li>Ads can let you know what products and services are available, but they rarely provide the information</li> </ul>	<p>Describe how to evaluate health products, services, and information.</p> <p>Evaluate what advertising does and does not do for a consumer.</p>	<p>Prentice Hall Health Chapter 1 Section 4</p>	<p>Consumer</p> <p>Warranty</p> <p>Advertising</p> <p>Fraud</p> <p>Quackery</p>	10.1.9.A 10.2.9.B 10.2.9.C

			<p>you need to make wise choices.</p> <ul style="list-style-type: none"> <li>• People can avoid health fraud by evaluating the claims made about a treatment or product.</li> <li>• As a consumer, you have the right to information, the right to consumer protection by government agencies, and the right to complain.</li> </ul>				
<b>Assessment Unit 1 Making Healthy Decisions</b>							
<b>Unit 2 Mental Health</b>							
<b>Personality, Self-Esteem and Emotions</b>							
<b>Estimated Unit Time Frames</b>	<b>Big Ideas</b>	<b>Essential Questions</b>	<b>Concepts (Know)</b>	<b>Competencies (Do)</b>	<b>Lessons/ Suggested Resources</b>	<b>Vocabulary</b>	<b>Standards/ Eligible Content</b>
10 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of	<p>Examining personality.</p> <ul style="list-style-type: none"> <li>• Many researchers' use five central traits to describe how people behave, relate to others, and react to change. These traits are extroversion, agreeableness, conscientiousness, emotional stability, and openness to experiences.</li> </ul>	<p>Name five traits that are used to define personality.</p> <p>Identify two factors that determine how your personality develops.</p>	Prentice Hall Health Chapter 2 Section 1	<p>Personality</p> <p>Psychologist</p> <p>Modeling</p> <p>Peer Group</p> <p>Identity</p>	10.1.12.B

		others around me?	<ul style="list-style-type: none"> <li>• Personality traits are influenced by a combination of heredity and environment.</li> <li>• According to psychologist Erik Erikson, personality develops throughout life as people meet a series of challenges.</li> </ul>	Describe what happens to personality over a lifetime.			
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	<p>Examining Self-Esteem.</p> <ul style="list-style-type: none"> <li>• Many psychologists think that self-esteem has a positive effect on health, while low self-esteem has a negative effect on health.</li> <li>• On average, self-esteem drops in early adolescence. It increases gradually during adulthood and decreases again toward the end of life.</li> <li>• Don't base your self-esteem solely on other people's opinions of you. Focus on your accomplishments, your talents, and your contributions to your family and community.</li> </ul>	<p>Compare the effects of high and low self-esteem on health.</p> <p>Describe the changes in self-esteem that can occur as people age.</p> <p>Identify ways to achieve and maintain high self-esteem.</p> <p>Summarize Maslow's theory of self-actualization.</p>	Prentice Hall Health Chapter 2 Section 2	<p>Self-Esteem</p> <p>Self-Actualization</p> <p>Hierarchy of Needs</p>	10.1.12.B
	Health concepts are essential for wellness and a health-	What are the outcomes of various safe and unsafe practices and	<p>Expressing your emotions.</p> <ul style="list-style-type: none"> <li>• Happiness, sadness, anger, and fear are examples of primary emotions.</li> </ul>	Identify four primary emotions and three learned emotions.	Prentice Hall Health Chapter 2 Section 3	<p>Emotion</p> <p>Primary Emotion</p> <p>Grief</p>	10.1.12.B

	enhancing lifestyle.	what impact can the outcomes have on my life and the lives of others around me?	<ul style="list-style-type: none"> <li>Love, guilt, and shame are examples of learned emotions.</li> <li>Recognizing your emotions is the important first step toward dealing with them in healthful ways.</li> </ul>	<p>Explain why it is important to recognize your emotions.</p> <p>Distinguish helpful from harmful coping strategies.</p>		<p>Learned Emotion</p> <p>Coping Strategy</p> <p>Defense Mechanism</p>	
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### Assessment Personality, Self-Esteem and Emotions

### Managing Stress

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
5 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	<p>What causes stress?</p> <ul style="list-style-type: none"> <li>You experience stress when situations, events, or people make demands on your body and mind.</li> <li>Four general types of stressors are major life changes, catastrophes, everyday problems, and environmental problems.</li> </ul>	<p>Describe what causes a person to experience stress.</p> <p>Identify four general types of stressors.</p>	Prentice Hall Health Chapter 3 Section 1	<p>Stress</p> <p>Eustress</p> <p>Distress</p> <p>Stressor</p> <p>Catastrophe</p>	10.1.12.B
	Health concepts are essential for wellness and a health-	What are the outcomes of various safe and unsafe practices and what impact	<p>How stress affects your body.</p> <ul style="list-style-type: none"> <li>The body's response to stress occurs in three stages – a</li> </ul>	List in order the three stages of the body's response to stress.	Prentice Hall Health Chapter 3 Section 2	Fight-or-flight response	10.1.12.B

	enhancing lifestyle.	can the outcomes have on my life and the lives of others around me?	<ul style="list-style-type: none"> <li>The alarm stage, the resistance stage, and the exhaustion stage.</li> <li>The warning signs of stress include changes in how your body functions and changes in emotions, thoughts, and behaviors.</li> <li>Stress can trigger certain illnesses, reduce the body's ability to fight an illness, and make some diseases harder to control.</li> </ul>	<p>Identify four types of early warning signs for stress.</p> <p>Describe the relationship between stress and illness.</p>			
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	<p>Understanding stress and Individuals.</p> <ul style="list-style-type: none"> <li>How you react to a stressor depends on your assessment of the situation.</li> <li>Your personality influences your assessment of a situation.</li> <li>The key factor in resilience is having the support of family and friends.</li> </ul>	<p>Explain how individuals can have different responses to the same stressor.</p> <p>Describe two ways that personality affects stress.</p> <p>Identify the key factor in resilience.</p>	Prentice Hall Health Chapter 3 Section 3	<p>Optimism</p> <p>Pessimism</p> <p>Perfectionist</p> <p>Resilience</p>	10.1.12.B
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	<p>Coping with stress.</p> <ul style="list-style-type: none"> <li>Two techniques that can help you keep stress under control are time management and mental rehearsal.</li> <li>Three strategies that can help you relieve tension when you are stressed are physical activity,</li> </ul>	<p>Identify ways to control stress, reduce tension, and change the way you think about stressors.</p> <p>Explain why building resilience is important.</p>	Prentice Hall Health Chapter 3 Section 4	<p>Mental Rehearsal</p> <p>Biofeedback</p>	10.1.12.B

			relaxation, and biofeedback. <ul style="list-style-type: none"> <li>One way to change your thinking is to replace negative thoughts with positive ones. You can also use humor in some stressful situations.</li> <li>You need to build your resilience to deal with extreme or prolonged stress.</li> <li>Sharing your problems can help you see them more clearly. Just describing your concerns to someone often helps you to understand the problem better.</li> </ul>	Describe the value of seeking support from others when you are under stress.			
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### Assessment Managing Stress

### Mental Disorders and Suicide

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
8 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the	Understanding mental disorders. <ul style="list-style-type: none"> <li>Mental health experts see abnormal thoughts, feelings, or behaviors as signs of mental disorder.</li> <li>Physical factors, heredity, early experiences, and</li> </ul>	Explain how mental disorders are recognized.  Identify the four causes of mental disorders.	Prentice Hall Health Chapter 4 Section 1	Mental Disorder  Anxiety  Anxiety Disorder  Phobia	10.1.12.B

		outcomes have on my life and the lives of others around me?	<p>recent experiences can cause mental disorders.</p> <ul style="list-style-type: none"> <li>Anxiety disorders include generalized anxiety disorder, phobias, panic attacks, obsessive-compulsive disorders, and post-traumatic stress disorder.</li> <li>Some teens have mood disorders, schizophrenia, impulse-control disorders, or personality disorders.</li> </ul>	Describe five types of anxiety disorders and four other types of mental disorders.		<p>Obsession</p> <p>Compulsion</p> <p>Mood Disorder</p> <p>Depression</p> <p>Schizophrenia</p> <p>Personality Disorder</p>	
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	<p>Understanding eating disorders.</p> <ul style="list-style-type: none"> <li>A person with anorexia nervosa can starve to death or die from a lack of essential minerals.</li> <li>Bulimia may begin in connection to a diet, but the person soon becomes unable to stop the cycle of bingeing and purging.</li> <li>The main physical risks of binge eating disorders are excess weight gain and unhealthy dieting.</li> </ul>	<p>Identify health risks associated with anorexia.</p> <p>Explain the relationship between bulimia and dieting.</p> <p>List the main health risks of binge eating disorder.</p>	Prentice Hall Health Chapter 4 Section 2	<p>Eating Disorder</p> <p>Anorexia Nervosa</p> <p>Bulimia</p> <p>Binge Eating Disorder</p>	10.1.9.C 10.1.12.A 10.1.12.B
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and	<p>Examining depression and suicide.</p> <ul style="list-style-type: none"> <li>Depression can cause problems at school, at home, and with one's social life. If untreated, depression can also lead to substance abuse, serious behavior</li> </ul>	<p>Explain why it is important to identify and treat clinical depression.</p> <p>Explain why individuals might deliberately injure themselves.</p>	Prentice Hall Health Chapter 4 Section 3	<p>Clinical Depression</p> <p>Cutting</p> <p>Suicide</p> <p>Cluster Suicides</p>	10.1.12.B



		the lives of others around me?	<p>problems, and even suicide.</p> <ul style="list-style-type: none"> <li>Self-injury is an unhealthy way to cope with emotions, stress, or traumatic events.</li> <li>Mood disorders are a major risk factor for suicide.</li> </ul>	Describe one major risk factor for suicide.			
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	<p>Treating mental disorders.</p> <ul style="list-style-type: none"> <li>Sometimes people don't recognize the signs of a mental disorder. Or they may not know where to go for help.</li> <li>Psychiatrists, clinical psychologists, social workers, and mental health counselors are four types of mental health professionals.</li> <li>Psychotherapy, drug therapy, and hospitalization are three methods used to treat mental disorders.</li> </ul>	<p>List reasons that might prevent a person from seeking help for a mental disorder.</p> <p>Identify four types of mental health professionals.</p> <p>Describe some general types of treatment for mental disorders.</p>	Prentice Hall Health Chapter 4 Section 4	<p>Psychiatrist</p> <p>Neurologist</p> <p>Clinical Psychologist</p> <p>Psychiatric Social Worker</p> <p>Therapy</p>	10.1.12.B

### Assessment Mental Disorders and Suicide

## Unit 3 Social Health

### Family Relationships

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
5 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	Examining families today. <ul style="list-style-type: none"> <li>If the relationships with family members are healthy, a child learns to love, respect, and get along with others, and to function as part of a group.</li> <li>Three main factors account for change in the American family: more women in the work force, a high divorce rate, and an increase in the age at which people marry.</li> <li>Children can live in nuclear, single-parent, extended, blended, or foster families.</li> <li>In families some responsibilities clearly belong to the adults, some clearly belong to the children, and some can be shared.</li> </ul>	Explain why healthy family relationships are important.  Identify three main factors that have changed the form of families.  Describe some family forms that exist today.  Summarize the division of responsibilities within a family.	Prentice Hall Health Chapter 5 Section 1	Divorce  Nuclear Family  Adoption  Single-parent Family  Extended Family  Blended Family  Foster Family  Socialization	10.1.9.A
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of	Examining problems within families. <ul style="list-style-type: none"> <li>Some sources of family stress are illness, financial problems, divorce, and drug abuse.</li> <li>The violence, or abuse, that occurs in families may</li> </ul>	List some causes of stress in families.  Describe three types of abuse that can happen in families.	Prentice Hall Health Chapter 5 Section 2	Separation  Domestic Abuse  Physical Abuse  Sexual Abuse  Emotional Abuse	10.1.9.A

		others around me?	be physical, sexual, or emotional. <ul style="list-style-type: none"> <li>Runaways may become ill or turn to crime. They become easy targets or people who are involved with prostitution, pornography, and drugs.</li> </ul>	Explain what problems runaways are likely to have.		Neglect  Runaway	
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	Keeping the family healthy. <ul style="list-style-type: none"> <li>Healthy families share certain characteristics: caring, commitment, respect, admiration, empathy, communication, and cooperation.</li> <li>Healthy families know how to resolve conflicts, express emotions, make decision, and manage their time.</li> <li>Family agencies, family therapists, and support groups offer help to families.</li> </ul>	List some characteristics of healthy families.  Describe four skills families need to stay healthy.  Identify places where families can go for help with their problems.	Prentice Hall Health Chapter 5 Section 3	Empathy  Sibling  Support Group	10.1.9.A
<b>Assessment Family Relationships</b>							
<b>Building Healthy Peer Relationships</b>							
<b>Estimated Unit Time Frames</b>	<b>Big Ideas</b>	<b>Essential Questions</b>	<b>Concepts (Know)</b>	<b>Competencies (Do)</b>	<b>Lessons/ Suggested Resources</b>	<b>Vocabulary</b>	<b>Standards/ Eligible Content</b>
5 Days	Health concepts are essential for	What are the outcomes of various safe	Skills for Healthy Relationships <ul style="list-style-type: none"> <li>Skills for effective communication include</li> </ul>	Describe four skills that contribute to	Prentice Hall Health Chapter 6 Section 1	Communication "I" message Active listening	10.1.9.A

	wellness and a health-enhancing lifestyle.	and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	<p>using “I” messages, active listening assertiveness and using appropriate body language.</p> <ul style="list-style-type: none"> <li>• Cooperation builds strong relationships that are based on mutual trust, caring, and responsibility.</li> <li>• Being willing to compromise tells the other person how important the relationship is to you.</li> </ul>	<p>effective communication.</p> <p>Explain how cooperation and compromise help build healthy relationships.</p>		<p>Passive</p> <p>Aggressive</p> <p>Assertive</p> <p>Body language</p> <p>Eye contact</p> <p>Cooperation</p> <p>compromise</p>	
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	<p>Friendships</p> <ul style="list-style-type: none"> <li>• People look to their friends for honest reactions, encouragement and understanding.</li> <li>• Some friendships are casual and some are close. Some are with friends of the opposite sex.</li> <li>• Some possible problems in friendships are envy, jealousy, cruelty and cliques.</li> </ul>	<p>Explain the importance of having friends.</p> <p>Distinguish different types of relationships.</p> <p>Describe some problems that occur in friendships.</p>	Prentice Hall Health Chapter 6 Section 2	<p>Friendship</p> <p>Gender roles</p> <p>Clique</p> <p>Peer pressure</p>	10.1.9.A
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of	<p>Dating Relationships</p> <ul style="list-style-type: none"> <li>• By dating someone, you can learn about his or her personality, interests, abilities and values.</li> <li>• The cycle of violence consists of a tension-building stage, a violent episode, and a calm stage.</li> </ul>	<p>List some things you can learn about a person by dating.</p> <p>Describe the cycle of violence.</p>	Prentice Hall Health Chapter 6 Section 3	<p>Infatuation</p> <p>Dating violence</p> <p>Date rape</p>	10.1.9.A

		others around me?					
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	Unhealthy Relationships <ul style="list-style-type: none"> <li>Violence in dating relationships can include physical, emotional, and sexual abuse.</li> <li>A major reason that people abuse others is the need for control. Abuse needs to be reported.</li> </ul>	Identify reasons why a person should report a rape.  Explain the effects of sexual abuse on a victim.  Describe an effective way to reduce sexual harassment in school.	Prentice Hall Human Sexuality Supplement Chapter 3 Section 3	Physical abuse Emotional abuse Sexual abuse Rape Statutory rape Incest Pedophillia Sexual harassment	10.1.9.A 10.3.12.C
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	Choosing Abstinence <ul style="list-style-type: none"> <li>The risks of sexual intimacy include the effect on your emotional health and your relationship; and the risk of pregnancy and sexually-transmitted infections.</li> <li>A relationship can be close without being sexually intimate. But it is hard to keep a relationship close without emotional intimacy.</li> <li>Abstinence skills include setting clear limits, communicating your limits, avoiding high-pressure situations and asserting yourself.</li> </ul>	Identify some risks of sexual intimacy.  Explain why emotional intimacy is important in close relationships.  List some skills that can help you choose abstinence.	Prentice Hall Health Chapter 6 Section 4		10.1.12.A 10.1.12.B 10.2.12.D

<b>Assessment Building Healthy Peer Relationships</b>							
<b>Preventing Violence</b>							
<b>Estimated Unit Time Frames</b>	<b>Big Ideas</b>	<b>Essential Questions</b>	<b>Concepts (Know)</b>	<b>Competencies (Do)</b>	<b>Lessons/ Suggested Resources</b>	<b>Vocabulary</b>	<b>Standards/ Eligible Content</b>
6 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	Examining violence <ul style="list-style-type: none"> <li>With violence, there are costs to the victim, costs to the assailant, and costs to society as a whole.</li> <li>Risk factors for violence include property, family violence, exposure to media violence, availability of weapons, drug abuse and memberships in gangs.</li> </ul>	Describe all of the costs related to violence.  Identify the five risk factors for violence.	Prentice Hall Health Chapter 7 Section 1	Violence  Homicide  Victim  Assailant  Territorial Gang	10.3.12.A 10.3.12.C
	Safety impacts individual and community well-being.	How can using safe practices and strategies influence injury prevention, emergency preparedness and conflict management?	Violence in schools <ul style="list-style-type: none"> <li>Students who use weapons at school often are acting on the rage they feel as victims of harassment.</li> <li>The most effective way to stop bullying is to get bystanders involved.</li> <li>School administrators and teachers need to take the lead in the prevention of hazing. If school</li> </ul>	Explain the relationship between harassment and the use of weapons at school.  Describe effective ways to reduce bullying, hazing, sexual harassment, and	Prentice Hall Health Chapter 7 Section 2	Harassment  Bullying  Cyber Bullying  Hazing  Sexual Harassment  Hate Violence	10.3.12.A 10.3.12.C

			administrations, teachers, and students work together, they can stop sexual harassment. <ul style="list-style-type: none"> <li>The most effective way to deal with violence based on hate is through education.</li> </ul>	hate violence at school.		Prejudice Stereotype Intolerance Discrimination Vandalism	
	Safety impacts individual and community well-being.	How can using safe practices and strategies influence injury prevention, emergency preparedness and conflict management?	How fights start <ul style="list-style-type: none"> <li>Anger is at the root of most arguments and of many fights. The desire for revenge leads to a dangerous cycle of fighting.</li> <li>It is often more difficult for a person to avoid a fight when friends or bystanders are present.</li> <li>One person's desire to have control over another is the main reason for domestic violence and dating violence.</li> </ul>	Explain how anger and a desire for revenge can lead to fights.  Describe the role that friends and bystanders play in fights.  Explain the relationship between a need for control and violence.	Prentice Hall Health Chapter 7 Section 3	Escalate  Instigator	10.3.12.A 10.3.12.C
	Safety impacts individual and community well-being.	How can using safe practices and strategies influence injury prevention, emergency preparedness and conflict management?	Preventing fights <ul style="list-style-type: none"> <li>Once you recognize that a conflict exists, you can ignore the conflict or confront the person. In deciding how to deal with any conflict, your safety should always be your first concern.</li> <li>To confront a person wisely, choose the right</li> </ul>	Describe two general approaches for resolving conflict.  Explain why safety should be a person's first concern in any conflict.	Prentice Hall Health Chapter 7 Section 4	Mediation	10.3.12.A 10.3.12.C

			time and place, stay calm, and negotiate a solution. <ul style="list-style-type: none"> <li>You can help prevent fighting through mediation, through your role as a bystander, and by involving an adult.</li> </ul>	Summarize how to confront a person wisely.  Identify ways to help others avoid fighting.			
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### Assessment Preventing Violence

## Unit 4 Human Development

### The Reproductive System

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
5 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	How can the choices you make today, influence your future health and happiness?	Male Reproductive System <ul style="list-style-type: none"> <li>Functions of the male reproductive system are to produce sex hormones, produce and store sperm, and deliver sperm to the female reproductive system.</li> <li>Caring for the system includes cleanliness, self-exams, and regular medical check-ups.</li> </ul>	Describe three functions of the male reproductive system.  Identify five ways to keep the male reproductive system healthy.	Prentice Hall Human Sexuality Supplement Chapter 2 Section 1	Sperm Fertilization Testes Testosterone Scrotum Penis Semen Ejaculation Orgasm Nocturnal Emission Masturbation Testicular Torsion Infertility	10.1.12.A 10.1.12.B 10.1.12.E
	Health concepts are	How can the choices you	Female Reproductive System		Prentice Hall	Ova Ovaries	10.1.12.A 10.1.12.B



	essential for wellness and a health-enhancing lifestyle.	make today, influence your future health and happiness?	<ul style="list-style-type: none"> <li>Functions of the female reproductive system are to produce sex hormones, produce eggs, and nourish and a developing baby.</li> <li>Eggs are released during the menstrual cycle.</li> <li>Caring for the system includes cleanliness, self-exams, and regular medical check-ups.</li> </ul>		Human Sexuality Supplement Chapter 2 Section 2	Estrogen Progesterone Ovulation Fallopian Tubes Uterus Vagina Hyman Menstrual Cycle Menopause Vaginitis Cystitis Pap Smear Mammogram	10.1.12.E
<b>Assessment The Reproductive System</b>							
<b>Understanding Sexuality</b>							
Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
3 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	How are your present choices connected to your health throughout your adult life?	What is Sexuality? <ul style="list-style-type: none"> <li>Teens experience a growing awareness of their sexuality. Family, the media, peers, and adult role models influence the development of sexuality.</li> <li>Sexuality is expressed in many ways. People do not have to be sexually active to express their sexuality.</li> </ul>	Identify how sexuality influences your personality and behavior.  Summarize two areas of development significant to sexuality during the teen years.	Prentice Hall Human Sexuality Supplement Chapter 1 Section 1	Sexuality  Gender  Gender Role	10.1.9.A 10.1.9.E

				<p>List four factors that influence sexuality.</p> <p>Describe how sexuality is expressed in everyday life.</p>			
	<p>Health concepts are essential for wellness and a health-enhancing lifestyle.</p>	<p>How are your present choices connected to your health throughout your adult life?</p>	<p>Concerns of Adolescence</p> <ul style="list-style-type: none"> <li>Adolescence can be stressful, especially the changes to the reproductive system and the development of secondary sex characteristics that accompany puberty.</li> <li>Building a strong self-concept requires a healthy body image, an understanding of emotions, and an acceptance of sexual feelings.</li> </ul>	<p>Identify the physical changes related to sexuality that occur during puberty.</p> <p>List three factors that affect self-concept during adolescence.</p>	<p>Prentice Hall Human Sexuality Supplement Chapter 1 Section 2</p>	<p>Adolescence            Puberty            Reproductive Maturity            Secondary Sex Characteristics            Self-concept            Body Image            Sexual Awakening            Heterosexual            Homosexual            Bisexual</p>	<p>10.1.9.A            10.1.9.E</p>
	<p>Health concepts are essential for wellness and a health-enhancing lifestyle.</p>	<p>How are your present choices connected to your health throughout your adult life?</p>	<p>Values and Responsibilities</p> <ul style="list-style-type: none"> <li>With adolescence comes increased responsibilities and a greater understanding of values. What you value will affect your sexual decision-making, and can help you choose abstinence.</li> <li>Talking things over with a trusted adult can help clarify your values.</li> </ul>	<p>Identify some of the serious consequences of sexual activity during adolescence.</p> <p>Evaluate how respecting individual differences and opinions can strengthen your self-concept.</p>	<p>Prentice Hall Human Sexuality Supplement Chapter 1 Section 3</p>	<p>Value</p>	<p>10.1.9.A            10.1.9.D            10.1.9.E</p>

			<ul style="list-style-type: none"> <li>Appreciating differences among your peers can help strengthen self-concept.</li> </ul>				
<b>Assessment Understanding Sexuality</b>							
<b>Sexual Issues in Society</b>							
<b>Estimated Unit Time Frames</b>	<b>Big Ideas</b>	<b>Essential Questions</b>	<b>Concepts (Know)</b>	<b>Competencies (Do)</b>	<b>Lessons/ Suggested Resources</b>	<b>Vocabulary</b>	<b>Standards/ Eligible Content</b>
3 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	Sexual Issues in Society <ul style="list-style-type: none"> <li>There are rules teens should follow to protect themselves when they use the Internet.</li> <li>Teens may become involved with prostitution and pornography because they need money to survive or because they are lured into these activities by false promises.</li> </ul>	List three rules to follow to use the Internet safely.  Describe two industries that profit from sexual exploitation.	Prentice Hall Human Sexuality Supplement Chapter 3 Section 4	Prostitution Pornography	10.1.12.A 10.1.12.E 10.2.12.C 10.3.12.A
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and	Preventing Pregnancy <ul style="list-style-type: none"> <li>There are numerous ways of preventing pregnancy, including abstinence and various types of contraception.</li> </ul>	Explain why abstinence is the only completely effective way to prevent pregnancy and STIs.  Explain why contraception is a	Prentice Hall Human Sexuality Supplement Chapter 4 Section 4	Contraception Effectiveness Failure Rate Spermicide Sterilization	10.1.12.A 10.1.12.B 10.1.12.E 10.2.12.D

		the lives of others around me?		responsible decision for those who choose to be sexually active.  Identify three general types of contraception.			
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### Assessment Sexual Issues in Society

## Unit 5 - Preventing Disease

### Sexually Transmitted Infections and AIDS

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
8 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	The Risks of Sexual Activity <ul style="list-style-type: none"> <li>Risky behaviors that account for the current STI epidemic include ignoring the risks of sexual activity, having sexual contact with multiple partners, and not getting proper treatment.</li> <li>Practicing abstinence, avoiding drugs, and choosing responsible friends are ways to avoid STIs,</li> </ul>	Identify risky behaviors associated with the current epidemic of sexually transmitted infections.  Describe behaviors that can help prevent the spread of sexually	Prentice Hall Health Chapter 22 Section 1	Sexually transmitted infection (STI)	10.1.12.A 10.1.12.E 10.2.12.A 10.2.12.D

				transmitted infections.			
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	<p>Kinds of STIs</p> <ul style="list-style-type: none"> <li>Trichomoniasis, human papilloma virus, and chlamydia are common STIs in the United States.</li> <li>Other STIs include hepatitis, gonorrhea, genital herpes and syphilis.</li> <li>People who participate in high-risk behaviors should get medical checkups every six months. Individuals who suspect they may be infected should seek prompt medical attention.</li> </ul>	<p>Identify three of the most common STIs, including their symptoms and treatments.</p> <p>List four additional STIs and describe their symptoms.</p> <p>Know when a person should seek treatment for a STI.</p>	Prentice Hall Health Chapter 22 Section 2	<p>Trichomoniasis</p> <p>Urethritis</p> <p>Vaginitis</p> <p>Human papilloma virus</p> <p>Chlamydia</p> <p>Pelvic inflammatory disease</p> <p>Gonorrhea</p> <p>Genital herpes</p> <p>Syphilis</p> <p>Chancere</p>	<p>10.1.12.A</p> <p>10.1.12.E</p> <p>10.2.12.A</p> <p>10.2.12.D</p>
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	<p>HIV and AIDS</p> <ul style="list-style-type: none"> <li>HIV attacks the immune system, disabling the body's defenses. When the immune system becomes severely disabled, the infected person has AIDS.</li> <li>Individuals infected with HIV can pass the virus on to someone through the exchange of blood, semen, vaginal secretions, or breast milk.</li> <li>With 40 million people infected around the world, HIV and AIDS</li> </ul>	<p>Explain how HIV infection leads to AIDS.</p> <p>Describe how HIV is transmitted from person to person.</p> <p>Summarize the state of HIV infection and AIDS throughout the world.</p>	Prentice Hall Health Chapter22 Section 3	<p>HIV</p> <p>AIDS</p> <p>Asymptomatic stage</p> <p>Opportunistic infection</p>	<p>10.1.12.A</p> <p>10.1.12.E</p> <p>10.2.12.A</p> <p>10.2.12.D</p>

			represents a global problem.				
	Health concepts are essential for wellness and a health-enhancing lifestyle.	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?	Protecting Yourself from HHIV and AIDS <ul style="list-style-type: none"> <li>You can protect yourself from HIV by practicing abstinence, avoiding drugs, and avoiding contact with others' blood and body fluids.</li> <li>In an HIV test, a person's blood is tested for antibodies to HIV. If antibodies are detected, a second test is done to verify results.</li> <li>The main goal of HIV treatment is to keep the person's immune system functioning as close to normal as possible.</li> </ul>	Identify three behaviors that can prevent the spread of HIV,  Describe how a person gets tested for HIV.  Describe the goal of HIV treatment.	Prentice Hall Health Chapter 22 Section 4	Universal precautions  HIV-positive  Viral load	10.1.12.A 10.1.12.E 10.2.12.A 10.2.12.D

### Assessment Sexually Transmitted Infections and AIDS

## Unit 6 - Food and Nutrition

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
8 Days	Health concepts are essential for wellness and a health-	How can the choices you make today, influence your future health and happiness?	Carbohydrates, Fats and Proteins <ul style="list-style-type: none"> <li>Carbohydrates, fats and proteins can all be used by the body as a source of energy.</li> </ul>	Name the three classes of nutrients that supply your body with energy.	Prentice Hall Health Chapter 8 Section 1	Nutrient Metabolism Calorie Carbohydrate Fiber Fat	10.1.12.A 10.1.12.B 10.1.12.C

	enhancing lifestyle.		<ul style="list-style-type: none"> <li>When your body uses the nutrients in foods, a series of chemical reactions occurs inside your cells. As a result, energy is released.</li> <li>Carbohydrates supply energy for your body's functions.</li> <li>Fats supply your body with energy, form your cells, maintain body temperature, and protect your nerves.</li> <li>The most important function of the proteins is their role in the growth and repair of your body's tissues.</li> </ul>	<p>Explain how the body obtains energy from food.</p> <p>Describe the roles that carbohydrates, fats and proteins play in your body.</p>		Unsaturated fat Saturated fat Cholesterol Trans fat Protein Amino acid	
	Health concepts are essential for wellness and a health-enhancing lifestyle.	How can the choices you make today, influence your future health and happiness?	Vitamins, Minerals and Water <ul style="list-style-type: none"> <li>There are two classes of vitamins: fat-soluble vitamins, which dissolve in fatty materials, and water-soluble vitamins, which dissolve in water.</li> <li>You need seven minerals – calcium, sodium, potassium, magnesium, phosphorous, chlorine, and sulfur – in significant amounts.</li> <li>Nearly all of the body's chemical reactions, including those that produce energy and build</li> </ul>	<p>Identify the two main classes of vitamins.</p> <p>List seven minerals your body needs in significant amounts.</p> <p>Explain why water is so important to your body.</p>	Prentice Hall Health Chapter 8 Section 2	Vitamin Antioxidant Mineral Anemia Homeostasis Electrolyte Dehydration	10.1.12.A 10.1.12.B 10.1.12.C

			new tissues, take place in a water solution.				
	Health concepts are essential for wellness and a health-enhancing lifestyle.	How can the choices you make today, influence your future health and happiness?	<p>Consumer Choices and Genetically Modified Organisms</p> <ul style="list-style-type: none"> <li>The way we eat has changed more in the last 50 years than in the last 10,000 years.</li> <li>U.S. agricultural subsidies impact foods available to consumers.</li> </ul>	<p>Examine the factors that influence a families' eating habits.</p> <p>Determine how U.S. agricultural subsidies affect the prices of certain foods and the result this has on nutrition, health and the economy.</p> <p>Analyze the prevalence of genetically modified seeds in the food supply.</p> <p>Discuss the right of companies to patent genetic innovations.</p> <p>Evaluate how keeping seeds in the public domain could impact</p>	Food, Inc.	<p>Genetically Modified Organism</p> <p>Patent</p> <p>Biotechnology</p>	<p>10.1.12.C</p> <p>10.1.12.E</p>



				<p>innovation in biotechnology.</p> <p>Determine the relationship between biodiversity and food security.</p> <p>Select the three most important benefits and/or controversies related to the use of genetically modified seeds and explain their significance in a position paper.</p>			
Assessment Unit 6 - Food and Nutrition							
Unit 7 Body Systems							
Muscular System							
Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content

6 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	Health concepts are essential for wellness and a health-enhancing lifestyle.	<b>Your Muscular System</b> <ul style="list-style-type: none"> <li>The three types of muscle tissue are smooth muscle, cardiac muscle and skeletal muscle.</li> <li>You can maintain a healthy muscular system by regularly participating in different types of exercise. To help prevent injuries, exercise sessions should include a warm-up and cool-down period.</li> </ul>	Describe the functions of the three types of muscles.  Explain how you can keep your muscular system healthy.	Prentice Hall Health Chapter 11 Section 2	Smooth muscle Cardiac muscle Skeletal muscle Tendon Muscle tone Atrophy Anabolic steroid Strain Tendonitis	10.1.12.A 10.1.12.B
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### Assessment Muscular System

## Nervous and Endocrine Systems

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
6 Days	Health concepts are essential for wellness and a health-enhancing lifestyle.	Health concepts are essential for wellness and a health-enhancing lifestyle.	<b>The Nervous System</b> <ul style="list-style-type: none"> <li>Your nervous system receives information about what is going on inside and outside of your body. Then it processes the information and forms a response to it.</li> <li>Neurons carry messages, or impulses, from one part of your body to another.</li> </ul>	Explain the function of the nervous system and the role of neurons.  Describe the roles of the central nervous system and the peripheral nervous system.	Prentice Hall Health Chapter 11 Section 3	Neuron Cerebrum Cerebellum Brain stem Spinal cord Reflex Concussion Coma Paralysis Meningitis Seizure Epilepsy	10.1.12.A 10.1.12.B

			<ul style="list-style-type: none"> <li>The central nervous system includes the network of nerves that links the rest of your body to your brain and spinal cord.</li> <li>The most important step you can take to care for your nervous system is to protect it from injury.</li> </ul>	Identify the most important thing you can do to keep your nervous system healthy.			
	Health concepts are essential for wellness and a health-enhancing lifestyle	Health concepts are essential for wellness and a health-enhancing lifestyle.	The Endocrine System <ul style="list-style-type: none"> <li>The endocrine system regulates long-term changes in the body such as growth and development. It also controls many of your body's daily activities.</li> <li>The endocrine glands include the hypothalamus, pituitary gland, thyroid gland, parathyroid glands, thymus gland, adrenal glands, pancreas and reproductive glands.</li> </ul>	Describe the general roles of the endocrine system.  Identify the glands of the endocrine system.	Prentice Hall Health Chapter 18 Section 1	Endocrine gland Hormone Hypothalamus Pituitary gland Puberty	10.1.12.A 10.1.12.B
<b>Assessment Nervous and Endocrine Systems</b>							
<b>Unit 8 CPR and AED Training</b>							
<b>Estimated Unit Time Frames</b>	<b>Big Ideas</b>	<b>Essential Questions</b>	<b>Concepts (Know)</b>	<b>Competencies (Do)</b>	<b>Lessons/ Suggested Resources</b>	<b>Vocabulary</b>	<b>Standards/ Eligible Content</b>
2 days	Community well-being is	What are the steps in	Hands-Only CPR	Signs of a Heart Attack	Objectives:	Cardiac Arrest CPR	10.3.12.B: Analyze and

	dependent upon a balance of personal and social responsibility.	administering Hands-Only CPR?	There are safe strategies you can use in emergencies and for the management of injuries.	<p>Cardiac Chain of Survival</p> <p>Checking an Unconscious Victim</p> <p>Psychomotor skills training, including hands-only CPR technique</p>	<p>SWBA to administer hands-only CPR skills.</p> <p>Materials:</p> <p>Laptop Projector Screen Student Handout (Hands-only CPR) CPR Dummies</p>	American Red Cross (ARC) Manikin American Heart Association (AHA)	apply strategies for the management of injuries.
	Community well-being is dependent upon a balance of personal and social responsibility.	What is an AED and what are the steps in using it?	<p>Automated External Defibrillator (AED)</p> <p>There are safe strategies you can use in emergencies and for the management of injuries.</p>	<p>Signs of a Heart Attack</p> <p>Cardiac Chain of Survival</p> <p>Checking an Unconscious Victim</p> <p>The purpose of an automated external defibrillator</p>	<p>Objectives:</p> <p>SWBA to explain how and AED works.</p> <p>SWBA to demonstrate the proper use of an AED.</p> <p>Materials:</p> <p>Laptop Projector Screen Student Handout CPR Dummies AED Demonstration Kit</p>	AED Cardiac Chain of Survival EMS Shock	10.3.12.B: Analyze and apply strategies for the management of injuries.