Wellness I

Unit 1 – Wellness, Healthful Eating and Digestion

Estimated	Big Ideas	Essential	Concepts	Competencies	Lessons/	Vocabulary	Standards/
Unit Time		Questions	(Know)	(Do)	Suggested		Eligible Content
Frames					Resources		
Frames 6 Days 1st Lesson 2 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?	Your total health is made up of your physical, mental emotional and social health. Wellness is a state of wellbeing or balanced health over a longer period of time. The mind-body connection is a link between emotions and physical health. Eating healthy, getting enough sleep, and being physically active are a few good ways to maintain good physical health. Being patient with yourself and others, understanding your strengths and weaknesses, and expressing your feelings in a calm way are a few ways to maintain good mental/emotional	Students will be able to identify the three parts of health. Students will be able to explain the difference between health and wellness Students will be able to Describe how the mind and body are connected.	Resources Glencoe Teen Health Course 2 Chapter 1 Lesson 1	Health Wellness Mind-Body Connection	10.1.9.A

		Showing respect for others, being a good listener, and supporting friends and family members are a few ways to maintain food social health.				
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?	Factors that affect your health include heredity, environment, and the choices you make. Your inherited traits are health factors that you cannot control. Your physical environment is the place where you live and the things around you. Influences on your health choices include family, friends, and the media.	Students will be able to explain why heredity is a health factor that you cannot control. Students will be able to explain the role that environment plays in your total health. Students will be able to identify internal and external influences that affect health choices. Students will be able to access reliable information to evaluate and advertised product.	Glencoe Teen Health Course 2 Chapter 1 Lesson 3	Heredity Environment Cultural Background Evaluate	10.1.9.A 10.1.9. 10.1.9.E
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?	Healthful eating habits can help your body get the nutrients it needs. Your age, gender and activity level affect your nutrient and calorie need. The following factors can	Students will be able to plan nutritious meals. Students will be able to describe why eating a healthy breakfast is important. Students will be able to	Glencoe Teen Health Course 2 Chapter 4 Lesson 3	Nutrient Dense	10.1.9.A 10.1.9.B 10.1.9.C

		influence your food choices: personal preferences, family traditions and culture, friend, geography, cost, convenience, and media messages.	choose healthful snacks. Students will be able to apply accessing information skills to choosing healthful meals.			
Health concepts are essential for wellness and a healthenhancing 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?	Healthful eating habits can help your body get the nutrients it needs. Your age, gender and activity level affect your nutrient and calorie need. The following factors can influence your food choices: personal preferences, family traditions and culture, friend, geography, cost, convenience, and media messages.	Students will be able to explain the process of digestion. Students will be able to discuss how the body eliminates waste products. Students will be able to explain how to care for your digestive and excretory system.	Glencoe Teen Health Course 2 Chapter 4 Lesson 4	Digestion Digestive System Saliva Enzyme Small Intestine Colon Pancreas Liver Excretion Excretory System Kidneys	10.1.9.A 10.1.9.B

Unit 1 – Wellness, Healthful Eating and Digestion Review and Assessment

Unit 2 Substance Abuse – Tobacco

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
5 Days	Health	What are the	All forms of to tobacco	Students should be	Glencoe Teen	Tar	10.1.9.A
0 24,0	concepts are	outcomes of	have a negative effect	able to identify the	Health Course 2		10.1.9.B
	essential for	various safe and	on the body.	harmful ingredients in	Chapter 8	Nicotine	10.1.9.E
	wellness and a	unsafe practices		tobacco smoke.	Lesson 1		10.2.9.B
	health-	and what impact	There are more than			Carbon Monoxide	
	enhancing	can the outcomes	4000 harmful chemical	Students should be			
	lifestyle.	have on my life	in a single puff of	able to describe how		Alveoli	
		and the lives of	tobacco smoke.	tobacco affects the			
		others around me?		body.		Emphysema	
			Tobacco comes in				
			many forms, including	Students should be			
			cigarettes, cigars, pipe	able to apply the skill			
			tobacco, smokeless	of advocacy to			
			tobacco, clove	encourage someone to			
			cigarettes, and	be tobacco free.			
			flavored.				
			Several body systems				
			are negatively affected				
			by tobacco use.				
	Health	What are the	Maintaining a healthy	Students should be		Respiratory	10.1.9.A
	concepts are	outcomes of	respiratory system is an	able to explain why	Glencoe Teen	System	10.1.9.E
	essential for	various safe and	import part of personal	you need oxygen to	Health Course 2		10.2.9.B
	wellness and a	unsafe practices	health.	live.	Chapter 8	Epiglottis	
	health-	and what impact			Lesson 2		
	enhancing	can the outcomes	The respiratory system	Students should be		Bronchi	
	lifestyle.	have on my life	includes the mouth,	able to name the parts			
	-	and the lives of	nose, trachea, bronchi,	of the respiratory		Lungs	
		others around me?	lungs and diaphragm.	system.			
						Diaphragm	
			The three processes	Students should be			
			that happen in your	able to describe the			
			body when you breathe	breathing process.			
			are inhaling, sending	Identify problems			
			oxygen into your blood	of the respiratory			
			to replace carbon	system.			

		dioxide, and exhaling.				
		Diseases and disorders affected by tobacco include asthma; cold/flu; emphysema; lung, mouth and tongue cancer; pneumonia; and tuberculosis				
Health	What are the	Teens use tobacco for	Students should be	Glencoe Teen	Addiction	10.1.9.A
concepts are	outcomes of	many reasons,	able to identify	Health Course 2		10.1.9.D
essential for	various safe and	including peer pressure	reasons why teens use	Chapter 8	Withdrawal	10.1.9.E
wellness and a	unsafe practices	and wanting to look	tobacco.	Lesson 3		10.2.9.B
health-	and what impact	cool.			Psychological	
enhancing	can the outcomes		Students should be		Dependence	
lifestyle.	have on my life	People who are	able to explain how a			
	and the lives of	addicted to tobacco	person can become		Physical	
	others around me?	have both physical and psychological	addicted to nicotine.		Dependence	
		dependence.	Students should be able to apply		Tolerance	
		Tobacco companies	accessing-information skills to find health		Target Audience	
		target teens with appealing	information on quitting		Product	
		advertisements and	tobacco use.		Placement	
		product placement,	tobucco use.		. idecinent	
		p. o a a o place mem,	Students should be		Media Literacy	
		It is illegal to sell	able to describe how			
		tobacco to anyone	antismoking efforts are			
		under the age of 18.	helping teens stay			
			tobacco free.			
Health	What are the	Tobacco smoke harms	Students should be	Glencoe Teen	Secondhand	10.1.9.A
concepts are	outcomes of	both smokers and	able to list the effects	Health Course 2	Smoke	10.1.9.D
essential for	various safe and	nonsmokers.	of tobacco use on	Chapter 8		10.1.9.E
wellness and a	unsafe practices		nonsmokers	Lesson 4	Passive Smoker	10.2.9.B
health-	and what impact	Passive smokers are				
enhancing	can the outcomes	nonsmokers who	Students should be		Mainstream	

lifestyle.	have on my life and the lives of others around me?	breathe secondhand smoke. Secondhand smoke causes cancer and is especially harmful to children. You have the right to breathe air that is free of tobacco smoke.	able to describe the consequences of passive smoking. Students should be able to explain the rights of nonsmokers. Students should be able to access reliable information about groups that help promote a tobaccofree lifestyle.		Smoke Sidestream Smoke	
Health concepts are essential for wellness and a healthenhancing 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?	Taking responsibility to be tobacco free is the best choice a teen can make for his or her health. There are many benefits to be tobacco free, They include staying healthy, having clear skin, freshsmelling breath, hair and clothes; better sports performance; saving money; and a healthy environment. If someone quits using tobacco immediately, it is called cold turkey.	Students should be able to list and explain the reasons why it is good to be tobacco free. Students should be able to practice refusal skills to avoid tobacco use. Students should be able to explain how a person can get help to quit tobacco use.	Glencoe Teen Health Course 2 Chapter 8 Lesson 5	Cold Turkey	10.1.9.A 10.1.9.B 10.1.9.D 10.1.9.E 10.2.9.B

Unit 2 Substance Abuse – Tobacco Review and Assessment

Unit 3 Substance Abuse – Alcohol

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?	Alcohol is a drug that can cause both short-term and long-term damage to your body. Alcohol is a depressant. It slows down activity in the brain and nervous system. In all states, it is illegal for anyone under the age of 21 to buy or drink alcohol. Several factors determine how drinking alcohol affects you: size and gender, the amount of food in your stomach, and how fast you drink. Alcoholism is disease in which a person is addicted to alcohol.	Students will be able to identify the dangers of using alcohol. Students will be able to describe the short-term effects of alcohol use. Students will be able to explain ways that alcohol use can damage body systems. Students will be able to apply accessing-information skills to find facts about alcohol abuse.	Glencoe Teen Health Course 2 Chapter 9 Lesson 1	Alcohol Intoxicated Blood Alcohol Concentration Cirrhosis Ulcer Alcohol Abuse Alcoholism	10.1.9.A 10.1.9.B 10.1.9.D 10.1.9.E 10.2.9.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	The nervous system is your body's control system. The central nervous system includes the brain and spinal cord. The peripheral nervous	Students will be able to list the parts of the nervous system. Describe problems of the nervous system. Students will be able to explain how you can	Glencoe Teen Health Course 2 Chapter 9 Lesson 2	Neurons Central Nervous System Peripheral Nervous System	10.1.9.A 10.1.9. 10.1.9.D 10.1.9.E 10.2.9.B

	others around me?	system includes the nerves that connect the central nervous system to the rest of the body. Injuries to the nervous system include brain damage and paralysis, and loss of bodily functions. Alcohol and drug use can severely damage the nervous system.	keep your nervous system healthy. Practice decision-making skills to protect the nervous system.		Brain Spinal Cord	
Health concepts essential wellness healthenhancir lifestyle.	for various safe and unsafe practices and what impact	Alcohol use is harmful to teens because teens' bodies are still developing, and they are going through many emotional changes. Television or movies often make using alcohol look fun and exciting. Binge drinking is the consumption of several alcoholic drinks in a short period of time. A person can die from binge drinking. Teens may choose to use alcohol for many reasons, including peer pressure and curiosity.	Students will be able to describe reasons why some teens may choose to use alcohol. Students will be able to explain why alcohol is harmful to teens. Students will be able to demonstrate positive ways to handle difficult emotions.	Glencoe Teen Health Course 2 Chapter 9 Lesson 3	Binge-drinking Minor	10.1.9.A 10.1.9 10.1.9.D 10.1.9.E 10.2.9.B
Health concepts essential wellness health-	for various safe and	Alcohol use affects the individual, their friends and family and society. Alcohol affects a person's	Students will be able to describe how alcohol may affect the user's decisions.	Glencoe Teen Health Course 2 Chapter 9 Lesson 4	Violence	10.1.9.A 10.1.9.B 10.1.9.D 10.1.9.E 10.2.9.B

enhancing lifestyle.	can the outcomes have on my life and the lives of others around me?	judgment and ability to make good decisions. Abusing alcohol can harm a person's relationships with family and friends.	Students will be able to explain how using alcohol can affect a person's relationships. Students will be able to describe how using alcohol can lead to			
			Students will be able to apply decision-making skills to help someone get help for alcohol abuse.			
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	Saying no to alcohol use means that you respect yourself. Refusal skills are strategies that can help you say no to alcohol.	Students will be able to identify reasons not to use alcohol. Students will be able to explain how to get help for alcohol use.	Glencoe Teen Health Course 2 Chapter 9 Lesson 5	Refusal Skills Withdrawal	10.1.9.A 10.1.9.B 10.1.9.D 10.1.9.E 10.2.9.B
	and the lives of others around me?	People addicted to alcohol go through withdrawal when they stop using it. Alternatives to alcohol use include doing volunteer work or developing a hobby.	Students will be able to apply refusal skills to avoid alcohol use. Students will be able to list some alternatives to drinking alcohol.			

Unit 3 Substance Abuse – Alcohol Review and Assessment

Unit 4 Substance Abuse - Drugs

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?	Drug misuse and abuse can seriously harm your health triangle A drug is a substance other than food that changes the structure or function of the body and mind. Medicines are drugs and can either be purchased over-the-counter (at a pharmacy or grocery store) or prescribed by your doctor. Drug misuse is taking a drug in a way that is not intended. Drug addiction means that a person is dependent on a drug that is very hard to quit.	Students will be able to define drug. Students drug abuse. Students will be able to identify risks associated with drug use. Students will be able to apply the decisionmaking steps to make a healthful choice about taking medicine.	Glencoe Teen Health Course 2 Chapter 10 Lesson 1	Over-the-counter Drug Misuse Drug Abuse	10.1.9.A 10.1.9.B 10.1.9.D 10.1.9.E 10.2.9.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?	Drugs can harm your body in many ways. The same drugs can affect people differently. Tolerance is the body's need for larger and larger amounts of a drug to produce the same effect.	Students will be able to explain how different drugs affect the body. Students will be able to identify the dangers of different drugs. Students will be able to describe the effects of drugs on an unborn	Glencoe Teen Health Course 2 Chapter 10 Lesson 2	Tolerance Overdose Stimulant Amphetamines Depressants Club Drugs	10.1.9.A 10.1.9.B 10.1.9.D 10.1.9.E 10.2.9.B

			An overdose is taking more of a drug than the body can tolerate.	Students will be able to access reliable information on drug use and pregnancy.		Narcotics Hallucinogens Inhalants	
cc es w he er	Health oncepts are essential for vellness and a health- enhancing festyle.	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?	Drugs are especially harmful to teens because their bodies are still growing. Media messages that glamorize drug use encourage teens to use drugs. Drug use often leads to making poor decisions, bad judgment, and violence. A drug-free zone is a 1,000-yard distance around a school where anyone caught with drugs will be arrested.	Students will be able to describe reasons drug use is harmful to teens. Students will be able to explain how drug use may lead to crime. Students will be able to advocate for drug-free schools.	Glencoe Teen Health Course 2 Chapter 10 Lesson 3	Drug-Free Zone Drug Possession Probation	10.1.9.A 10.1.9.B 10.1.9.D 10.1.9.E 10.2.9.B
cc es w he er	Health oncepts are essential for vellness and a health- enhancing festyle.	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?	Avoiding drugs means that you have self-respect, want a bright future, are responsible, are in control, and are a good citizen. Alternatives to drug abuse include playing sports, joining after-school clubs, volunteer work, and taking music or art lessons.	Students will be able to describe some reasons to be drug free. Students will be able to identify alternatives to drug use. Students will be able to practice refusal skills to stay drug free.	Glencoe Teen Health Course 2 Chapter 10 Lesson 4	Alternative Assertive	10.1.9.A 10.1.9.B 10.1.9.D 10.1.9.E 10.2.9.B

no to drugs.			Use refusal skills to resist peer pressure to use drugs. Be assertive when you say no to drugs.				
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Unit 4 Substance Abuse – Drugs Review and Assessment

Unit 5 Reproduction and Communicable Diseases

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?	The endocrine system is made up of glands that regulate body function. Endocrine glands include the thyroid gland, parathyroid glands, adrenal glands, ovaries, pituitary gland, pancreas, and testes. One major role of the endocrine system is to regulate metabolism.	Students will be able to describe how the endocrine system affects growth and development. Students will be able to identify two disorders of the endocrine system and how to treat them. Students will be able to find information about managing diabetes.	Glencoe Teen Health Course 2 Chapter 12 Lesson 2	Hormones Endocrine System Metabolism	10.1.9.A 10.1.9.B
	Health concepts are essential for wellness and a health-	What are the outcomes of various safe and unsafe practices and what impact	The main function of the male reproductive system is to produce sperm. When a sperm cell fertilizes	Students will be able to describe the function of the male reproductive system. Students will be able to	Glencoe Teen Health Course 2 Chapter 12 Lesson 3	Reproduction Reproductive System	10.1.A.9 10.1.9.B

				T	Ι.ς.	1
enhancii	_	a female's egg cell, a new	identify the organs and		Sperm	
lifestyle.	-	life is formed.	structures of the male			
	and the lives of		reproductive system.		Testes	
	others around me?	Problems of the male				
		reproductive system	Students will be able to		Semen	
		include inguinal hernia,	identify common			
		prostate and testicular	problems of the male			
		cancers, testicular torsion,	reproductive system.			
		and sterility.				
			Students will be able to			
			explain how to care for			
			the male reproductive			
			system.			
			Students will be able to			
			identify ways of			
			detecting testicular			
			cancer.			
Health	What are the	The main functions of the	Students will be able to	Glencoe Teen	Ovaries	10.1.A.9
concepts	s are outcomes of	female reproductive system	describe the function	Health Course 2		10.1.9.B
essentia	l for various safe and	are to produce egg cells, to	of the female	Chapter 12	Uterus	
wellness	and a unsafe practices	create new life, and to give	reproductive system.	Lesson 4		
health-	and what impact	birth,	,		Ovulation	
enhancii		,	Students will be able to			
lifestyle.		The menstrual cycle	identify the organs and		Menstruation	
'	and the lives of	prepares a woman for	structures of the			
	others around me?	reproduction.	female reproductive		Fertilization	
		•	system.			
		Problems of the female	,		Gynecologist	
		reproductive system	Students will be able to		,	
		include yeast infections,	explain how to care for			
		vaginitis, toxic shock	the female			
		syndrome, cancer, sterility,	reproductive system.			
		and infertility.	. aproductive system.			
			Students will be able to			
			apply the skill of			

Health concepts are essential for wellness and a healthenhancing lifestyle. Health concepts are essential for wellness and a healthenhancing 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? 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?	Communicable diseases are diseases that can spread from one person to another. Communicable diseases are caused by pathogens, such as viruses, bacteria, fungi, and protozoa. Sexually transmitted diseases (STDs) are infectious spread through sexual contact. Common STDs include chlamydia, genital warts, genital herpes, trichomoniasis, gonorrhea, syphilis, and hepatitis B.	breast self-examination. Students will be able to identify types of germs that can cause disease. Students will be able to describe what an infection is. Students will be able to explain how germs are spread. Students will be able to access information on safe drinking water. Students will be able to identify common sexually transmitted diseases. Students will be able to explain how to protect yourself from sexually transmitted diseases. Students will be able to explain how to protect yourself from sexually transmitted diseases.	Glencoe Teen Health Course 2 Chapter 13 Lesson 1 Health Course 2 Chapter 13 Lesson 5	Disease Communicable Disease Germs Pathogens Infection Viruses Bacteria Fungi Protozoa Sexually transmitted diseases Chlamydia Genital Warts Genital Herpes Trichomoniasis	10.1.A.9 10.1.9.B 10.1.9.D 10.1.9.E10.2.9.A 10.2.9.C 10.1.A.9 10.1.9.B 10.1.9.D 10.1.9.E10.2.9.A 10.2.9.C
enhancing	can the outcomes have on my life and the lives of	chlamydia, genital warts, genital herpes, trichomoniasis, gonorrhea,	explain how to protect yourself from sexually transmitted diseases.		Genital Warts Genital Herpes	10.2.9.C
Health concepts are	What are the outcomes of	HIV causes acquired immunodeficiency	diseases. Students will be able to explain how people	Health Course 2 Chapter 13	Syphilis Hepatitis B HIV (Human immunodeficiency	10.1.A.9 10.1.9.B

	essential for	various safe and	syndrome (AIDS), a deadly	become infected with	Lesson 6	virus)	10.1.9.D	
	wellness and a	unsafe practices	disease that interferes with	HIV and develop AIDS.			10.1.9.E10.2.9.A	
	health-	and what impact	the body's immune system.			AIDS (acquired	10.2.9.C	
	enhancing	can the outcomes		Students will be able to		immunodeficiency		
	lifestyle.	have on my life	HIV is transmitted mostly	explain what is being		syndrome)		
		and the lives of	through sexual intercourse	done to fight AIDS.				
		others around me?	and sharing needles. It is					
			not transmitted through	Students will be able to				
			casual contact.	analyze how media				
				messages about sexual				
			Treatments are available to	activity might influence				
			help manage an HIV	teens.				
			infection, but there is no					
			cure.	Students will be able to				
				describe how to				
				protect yourself from				
				HIV/AIDS.				
Unit 5 Reproduction and Communicable Diseases Review and Assessment								