

Expectations and Outcomes

Grade Level/Course: 9-12

Content Area: Health

Unit Title	Guarantees
Introduction and Personal Health	<ul style="list-style-type: none"> • Define health, wellness • Four major factors that determine health (heredity, environment, health behaviors, and health care) • Life expectancy, risk and statistics and decision-making model • Goal setting • Self-esteem/self-concept • Personality/personality bags • Stress (eustress and distress) • Strategies to reduce stress • Suicide (myths, facts, warning signs and what you can do to help)
Mental Health/Mental Illness	<ul style="list-style-type: none"> • Characteristics of individuals who are mentally healthy • Normal and abnormal behaviors • Emotions (constructive and destructive) • Philosophy of Life • Defense Mechanisms • Organic and Functional Disorders • Types of Mental Disorders • Treatment and Therapy for Mental Illness
Safety, First-Aid and CPR	<ul style="list-style-type: none"> • Safety (home, bike, automobile, etc.) • First-Aid (Bleeding, burns, shock, strokes, seizures, and others) • CPR (Cardiopulmonary Resuscitation) Infant, Child, and Adult. • Manikins will be used to demonstrate CPR technique. • Students will also get credit for demonstrating proper CPR
Prevention and Control of Disease; Chronic and Infectious Diseases	<ul style="list-style-type: none"> • Intro to Chronic Disease • Define Chronic Disease • Cardiovascular Disease

Unit Title	Guarantees
	<ul style="list-style-type: none"> • Cancer • Alcoholism • Other Chronic Diseases and Reports • Intro to Infectious Disease • HIV/AIDS • Other Infectious Diseases and Reports
Sexually Transmitted Diseases and Sexuality and Responsibilities in Relationships	<ul style="list-style-type: none"> • Introduction to STD's terminology and background • Reproductive System • Responsibilities in Relationships • Responsible Sexual Behavior • Parenthood and Teenage Pregnancy
Body Systems, Fitness & Nutrition	<ul style="list-style-type: none"> • Nervous System • Sense Organs • Digestive & Excretory System • Respiratory System • Skeletal & Muscular System • Circulatory System • Nutrition • Fitness
Substance Use and Abuse	<ul style="list-style-type: none"> • Legal and Illegal Drugs • Tobacco/ Alcohol • Chewing Tobacco • Drug Projects on Drug Abuse, Treatment, and Prevention