

Lakewood High School
Health Course of Study

Grade: 10
Course: High School Health
Year: 2016

Pacing	Topic	Content Standards	Unpacked Standards - Content What is this standard asking students to know and be able to do?	Process May be included but not limited to:
3 weeks	Nutrition and Fitness Nutritional Value of food Organic and Natural foods Food Additives Obesity related diseases	Standard 1: The students will comprehend concepts related to health promotion and disease prevention to enhance health.	I can... state the benefits of being fit describe the 5 components of fitness describe the importance of being fit. summarize the role of skill related fitness. identify the signs of over training. describe the RICE method of treating minor sports injuries. describe ways to avoid injuries. summarize the importance of wearing safety equipment. describe the function of vitamins and minerals identify the importance of drinking enough	Video: 10 Reasons to get and stay in shape Video: My Plate; Create a Great Plate Power Point Presentation Fitness and Nutrition Blood Pressure and BMI readings Body Fat % measures and waist size Grip Strength Lifetime Health

		<p>Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p> <p>Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</p>	<p>describe examples of healthful snacks.</p> <p>identify why certain foods are called junk foods.</p> <p>compare the dietary needs of infants, children, teenagers, and adults.</p> <p>I can...</p> <p>identify various media outlets that promote fitness and/or nutrition.</p> <p>describe how internet resources can be beneficial in promoting and maintaining a fit lifestyle.I can...</p> <p>I can...</p> <p>identify ways to reduce the amount of saturated fat, salt, and sugar in my diet by making wise food choices.</p>	<p>Journals</p> <p>Lifetime Health (HOLT)</p> <p>Chapters 6 and 7 worksheets</p> <p>Personal Health Journals</p> <p>www.CHOOSEMYPLATE.GOV</p> <p>Portion Distortion activity</p> <p>Lifetime Health (HOLT)</p> <p>Chapters 6 and 7 worksheets</p> <p>Power Point</p>
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		<p>Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.</p>	<p>describe the need for fiber in your diet.</p> <p>identify reasons why vegetarians need to carefully plan their diet.</p> <p>list ways to improve sleeping habits.</p> <p>evaluate the use of FITT formula in fitness training.</p> <p>describe important factors to think about before starting a fitness program.</p> <p>describe the steps involved in designing a fitness program.</p> <p>describe the important factors to think about before starting a fitness program.</p> <p>Determine whether my diet meets the MYPLATE recommendations.</p> <p>I can...</p> <p>describe the importance of physical fitness for all ages and abilities.</p> <p>describe why sleep is important to your health.</p> <p>explain how diet can affect your health.</p> <p>identify the purpose of the MYPLATE food guidance system and identify foods from each of its food groups.</p>	<p>Presentation</p> <p>Health Smart Websites</p> <p>Smash Your Food fat and sugar analysis</p> <p>Fitness and Nutrition Power Point</p> <p>Developing Fitness Goals</p> <p>Lifetime Health (HOLT)</p> <p>Chapters 6 and 7 worksheets</p> <p>Personal Health Journals</p>
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				<p>Video: 10 Reasons to get and stay in shape</p> <p>MYPYRAMID.GOV web activity</p> <p>Lifetime Health (HOLT)</p> <p>Chapters 6 and 7 worksheets</p> <p>Personal Health Journals</p>
1- 2 weeks	<p>Tobacco</p> <p>Diseases</p> <p>Chemical Content</p> <p>Consumers how they market</p> <p>-targets</p> <p>Methods to Stop Nicotine Addiciton</p>	<p>Standard 1. The Student will comprehend concepts related to health promotion and disease prevention.</p>	<p>I can....</p> <p>identify various carcinogens in tobacco.</p> <p>identify the dangerous chemicals in tobacco smoke.</p> <p>identify the addictive drug in tobacco. list the 6 types of tobacco products.</p> <p>state the short term effects of tobacco use.</p> <p>summarize the long term health risks associated with tobacco use.</p> <p>state the effects of secondhand smoke on the body.</p>	<p>Video: Secrets Through The Smoke</p> <p>Video: I Can't Breathe</p> <p>Tobacco Powerpoint</p> <p>Lifetime Health - Holt</p> <p>Chapter 11 worksheets</p> <p>Guest Speaker : American Lung Association</p> <p>Emphysema: Real Lung Demonstration</p>

		<p>Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.</p> <p>Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p>	<p>describe how smoking affects unborn children whose mothers smoke during pregnancy.</p> <p>discuss the factors that contribute to tobacco use.</p> <p>recognize manipulative and deceitful practices implemented by the Tobacco Industry.</p> <p>identify and give examples of methods society uses to reduce the sale and use of tobacco products.</p>	<p>Emphysema simulation</p> <p>-bubble wrap and straws</p>
1-2 Weeks	<p>Alcohol</p> <p>Diseases Risk Factors BAC -weight, gender Legal Consequences</p>	<p>Standard 1: The students will comprehend concepts related to health promotion and disease prevention to enhance health.</p>	<p>I can...</p> <p>describe how alcohol affect the brain.</p> <p>summarize the role of withdrawal in maintaining drug addiction.</p> <p>list the short term effects of Alcohol</p> <p>describe the long-term damage of alcohol on the organs of the body.</p> <p>describe the stages of Alcoholism</p>	<p>Speaker on legal consequences</p> <p>Video: Alcohol (Learning Company)</p> <p>Video: Addiction and the Brain (HRM)</p> <p>DWI Eyes (Drunk Goggles)</p> <p>Alcohol Power Point</p>

		<p>Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.</p> <p>Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p> <p>Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</p>	<p>identify the warning signs of alcoholism.</p> <p>describe the principles that describe effective alcohol abuse treatment.</p> <p>list the legal consequences of underage drinking.</p> <p>summarize treatment options for alcoholism.</p> <p>identify reasons not to drink alcohol.</p> <p>list ways to refuse alcohol and other drugs if offered to you.</p> <p>identify advertising techniques used by companies to sell their products.</p>	<p>Ultimate Quiz Show Test review (Deca Software)</p> <p>Lifetime Health -HOLT</p> <p>Chapter 10 worksheets</p>
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		<p>Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p> <p>Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.</p>	<p>discuss the impact media messages have on teenagers in regards to alcohol and tobacco use.</p> <p>describe how alcoholism affects society.</p> <p>identify the role alcohol plays in teenage driving accidents.</p>	
3 Weeks	<p>Drugs</p> <p>OTC Prescription Illegal Misuse and Abuse</p>	<p>Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p>	<p>I can...</p> <p>identify the different types of medicines and the effects on the body.</p> <p>identify different ways drugs enter the body.</p>	<p>Heroin Team Recovering Addicts</p> <p>Video: Club Drugs (HRM)</p>

	<p>Different Categories and effect on the body</p>		<p>state reasons why prescriptions are required for some medicines.</p> <p>describe problems that can occur when taking medicines. describe how drugs affect the brain.</p> <p>list ways illegal drug use can be dangerous.</p> <p>identify the reasons why drug abuse is especially dangerous in teens.</p> <p>describe the effects of Marijuana on a person's behavior.</p> <p>summarize the effects of four commonly abused illegal drugs on the body.</p> <p>identify the reason inhalants can be deadly.</p> <p>compare the dangerous effects of 5 types of "club drugs" or designer drugs.</p> <p>summarize the dangerous effects of anabolic steroids.</p> <p>describe the dangerous risks of using depressants, stimulants, opiates, and hallucinogens for non -medical uses.</p> <p>summarize the dangerous effects of Rohypnol and GHB.</p> <p>describe the dangerous physical and social effects of addiction to opiates such as heroin.</p> <p>describe the principles that describe effective drug abuse treatment</p>	<p>Video: World's Most Dangerous Drug (National Geographic)</p> <p>PowerPoint: Drugs</p> <p>Drug Category Activity</p> <p>Lifetime Health-HOLT</p> <p>Chapter 9 and 12 worksheets</p>
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		<p>interpersonal communication skills to enhance health and avoid or reduce health risks.</p> <p>Standard 5 : Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p>Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p> <p>Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.</p>	<p>health.</p> <p>identify the limitations of defense mechanisms.</p> <p>evaluate the effect of positive attitude on stress reduction.</p> <p>list ways that you can manage your time more efficiently.</p> <p>describe how you can take of yourself to avoid stress-related illnesses.</p> <hr/> <p>identify the influences television and movies have on numerous mental disorders.</p> <p>describe how violence and abuse in television, movies , and video games can impact behavior.</p> <hr/> <p>summarize why good communication is important.</p> <p>describe ways to resolve conflicts without violence.</p> <p>state ways to avoid dangerous situations.</p> <p>describe how people are affected by the violence around us.</p> <p>—</p>	<p>Health Journal</p> <p>Unit Test and Quiz</p> <p>Mental Health Jeopardy Test Review</p> <p>Video: The Columbine Killers:</p>
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		<p>Standard 7 :Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p> <p>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</p>	<hr/> <p>identify factors that lead to bullying and violence.</p> <p>develop a personal plan of how to handle a situation in which you, or a friend., is being bullied.</p> <p>list ways to protect yourself from sexual abuse.</p> <hr/> <p>list actions you can take to protect yourself from abuse.</p> <p>identify help that is available for those in abusive relationships.</p>	
4 weeks	<p>Human Development and Sexuality</p> <p>Relationships</p> <p>SADDVS</p> <p>Exploration of Teen Dating Violence, Sexual Violence & Stalking</p> <p>Upstander and</p>	Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	<p>I can...</p> <p>compare the physical changes that occur in boys and girls during adolescence.</p> <p>describe the mental and changes that occur during adolescence.</p> <p>identify the added responsibilities teens have during adolescence.</p> <p>list behaviors that promote health aging. identify the opportunities middle adulthood offers.</p> <p>identify the difficulties that teenagers who are married may face.</p>	<p>Erin Lark: Planned Parenthood. 2 day presentation on STDs and Contraception</p> <p>Lifetime Health Text Book (HOLT)</p> <p>Chapters 16,17, 18, 19 , and 20 worksheets</p> <p>Powerpoint</p> <p>*Relationships</p> <p>*Reproduction</p> <p>*Pregnancy Human</p>

<p>Bystander Intervention</p> <p>Communicate personal rights</p> <p>LCSD zero tolerance policy on violence & abuse</p> <p>Sexual Attraction</p> <p>Conception to Birth</p> <p>Contraception</p>		<p>Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p> <p>Standard 3 : Students will demonstrate the ability to access</p>	<p>describe the functions of the reproductive organs</p> <p>summarize problems that occur in the reproductive organs.</p> <p>list ways to keep the reproductive system healthy. describe changes in the body during the menstrual cycle.</p> <p>describe how a human life begins.</p> <p>summarize how a baby develops during the 3 trimesters of pregnancy.</p> <p>identify problems that can occur during pregnancy describe the stages of child birth.</p> <p>list 3 changes that occur during early child development.</p> <hr/> <p>describe the responsibilities of married partners. name 3 responsibilities of parenthood.</p> <p>identify how a parent's behavior can affect his/her children.</p> <p>name characteristics of a healthy family. discuss why family relationships are important.</p>	<p>Development *Contraception</p> <p>Discovery Health Video: Science of Sex Appeal</p> <p>National Geographic Video: In the Womb</p> <p>TLC Video: Teen Species</p> <p>Daily Health Journal</p> <p>Human Sexuality Introduction Activity</p> <p>Teen dating and relationship group discussion</p> <p>Trimester Chart Activity</p> <p>Reproduction Anatomy diagrams</p> <p>Evaluating Friendships Activity</p> <p>Cleveland Rape and Crisis Center Presentation</p>
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		<p>valid information, products, and services to enhance health.</p> <p>Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p> <p>Standard 5 : Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</p>	<hr/> <p>state why teen relationships are important.</p> <p>list positive characteristics to look for in a dating partner.</p> <p>describe appropriate dating behavior. state things you can do to maintain a healthy relationship with your partner.</p> <hr/> <p>define abstinence. describe the health benefits of teen sexual abstinence.</p> <p>describe the emotional and social benefits of teen sexual abstinence.</p> <p>discuss how to verbally and non verbally refuse sexual advances.</p> <p>list risk factors that can cause teens to become sexually active.</p> <p>identify possible consequences of sexual activity before marriage.</p> <p>describe how pregnancy can affect the lives of teen parents and the babies of teens.</p> <hr/> <p>predict how a pregnancy now would affect your life goals.</p>	
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		<p>Standard 7 :Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>	<hr/> <p>summarize problems that occur in the reproductive organs.</p> <p>list ways to keep the reproductive system healthy.</p> <p>list risk factors that can cause teens to become sexually active.</p> <p>identify possible consequences of sexual activity before marriage.</p> <p>describe how pregnancy can affect the lives of teen parents and the babies of teens.</p> <p>predict how a pregnancy now would affect your life goals.</p> <hr/>	
		<p>Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.</p>	<hr/> <p>list behaviors that promote health aging.</p> <p>identify the opportunities middle adulthood offers.</p> <p>identify the difficulties that teenagers who are married may face.</p> <p>list risk factors that can cause teens to become sexually active.</p> <p>name characteristics of a healthy family.</p>	

2-3 weeks	<p>Disease Prevention and Control</p> <p>STI/STD education on infectious diseases differences in bacterial and fungal symptoms, complications, curable, incurable HIV AIDS</p>	<p>Standard 5 : Students will demonstrate the ability to use decision-making skills to enhance health.</p> <p>Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p>	<p>I can...</p> <hr/> <p>summarize five things a person can do to stay well. describe how immunity to a disease develops.</p> <p>state three things you should do when you are sick. list three things you can do to prevent the spread of infectious disease.</p> <hr/> <p>identify the symptoms and treatments of common bacterial STDs.</p> <p>identify five different agents that can cause infectious disease.</p> <p>list four ways infectious disease spread.</p> <p>describe two different treatments for infectious disease.</p> <p>list two ways to help prevent the development of antibiotic resistant bacteria.</p> <p>describe how the body fights infection.</p> <p>identify the symptoms and treatments of common viral STDs</p>	<p>Erin Lark: Planned Parenthood 2 day presentation on STDs and Contraception.</p> <p>Group Activity: Spreading Pathogens</p> <p>Power Point: *Infectious Diseases *STDs</p> <p>Group Activity: Biological Weapons</p> <p>Lifetime Health Text Book (HOLT)</p> <p>Chapter 13 worksheets</p> <p>Chapter 20 and 21 worksheets</p> <p>Express Lesson: Immune System</p> <p>Activity: Barriers to infection</p> <p>Unit Test and Quiz</p> <p>Lifetime Health: Analyzing Data: Vaccinations Activity</p>

		<p>Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p> <p>Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p>	<p>identify the symptoms and treatments of common parasitic STDs</p> <p>describe how STDs can be spread from one person to another.</p> <p>list examples of ways STDs can damage a person's health. distinguish between an HIV infection and AIDS.</p> <p>describe how HIV infects the body's immune system.</p> <p>identify three ways that HIV is spread. list five ways that HIV is not spread.</p> <hr/> <p>name the three areas in the world that have the greatest number of people living with HIV/AIDS.</p> <hr/> <p>describe two types of pressures to become sexually active.</p> <p>discuss how to verbally and nonverbally refuse sexual advances.</p> <p>discuss nonsexual ways to show someone that you care.</p> <hr/>	<p>Planned Parenthood</p>
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