

9th GRADE HEALTH EDUCATION

COURSE NUMBER: 0430

2012-2013

Revision 12/2014

9th GRADE HEALTH EDUCATION

Course Description:	<p>The health education curriculum at each grade level has been developed as an integral part of the sequential K-12 health education curriculum. The concepts introduced and/or developed during 9th grade serve as the final step for students entering their next phase of life. (college, work, etc.)</p> <p>The concepts addressed by the tenth grade curriculum, in conjunction with those taught at the elementary and middle school levels, assure meeting the academic standards. Content areas include body systems, drug education, tobacco and alcohol education, human sexuality and relationships, nutrition, fitness, diseases and first aid. The topics of consumer health, mental health, community health and environmental health are addressed within the specified units.</p>
Grade Level:	9 th grade
Length of Course:	<p>Frequency: 3 days per 6 day cycle</p> <p>Duration: 42 minutes</p> <p>Length: Semester course</p> <p>Credits:</p>
Prerequisites:	Not applicable
Textbook:	<i>Pearson: Health 2014</i>
Expected Level of Achievement	<p>Students will be required to maintain a 70% or better. They will be required to come to class prepared to learn.</p> <p>93-100% = A</p> <p>85 – 92% = B</p> <p>77 – 84% = C</p> <p>70 – 76% = D</p> <p>Below 70% = F</p>

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Course Name:	Health Education 0430
Content:	Nutrition
Key Learning(s):	<p>The six major nutrients each provide specific and essential roles in the overall functioning of the human body.</p> <p>The maintenance, loss or gain of weight is determined by the energy balance between calories consumed and expended.</p> <p>Eating disorders stem from a variety of emotional, social and physical sources and require specific treatment.</p> <p>There are serious health risks for being overweight and underweight.</p>
Essential Question(s):	<p>How do the various nutrients function in our bodies to provide overall wellness?</p> <p>What factors in our society contribute to an increasing obesity rate?</p> <p>What nutritional guidelines help a person maintain a healthy body composition and energy level?</p> <p>How can we identify risk factors and treatment options for those dealing with eating disorders?</p> <p>What warning signs should we look for when analyzing the effectiveness of a diet plan?</p>

Number	Standard	Student Learning Experiences	Procedures for Assessment	Resources
10.1.9C	Analyze factors that impact nutritional choices of adolescents.	<p>Participation in class discussions and brainstorming:</p> <ul style="list-style-type: none"> Sources and functions of carbohydrates, fats, proteins, vitamins, minerals and water Comparison of various vegetarian diets Factors contributing to the increase in obesity in our society Difference between eating for hunger and eating for appetite The health implications of being underweight, desirable weight, overweight and obese Caloric expenditure and caloric intake Nutritional guidelines for physical activity Characteristics of and treatment options for eating disorders 	Oral responses during class discussions	Textbook: <i>Pearson: Health</i>
10.1.12B	Evaluate factors that impact the body systems and apply protective/preventive strategies.		Completion of class work and homework assignments	“Choices” magazines
10.1.12C	Analyze factors that impact nutritional choices of adults.		Nutrition log and nutrition analysis	Various posters and models
10.1.12E	Identify and analyze factors that influence the			On-line diagrams, tutorials and media clips
				Various brochures and pamphlets

10.2.9A	<p>prevention and control of health problems.</p> <p>Identify and describe health care products and services that impact adolescent health practices.</p>	<p>Completion of in-class and homework assignments:</p> <ul style="list-style-type: none"> • Personal nutrition interview • Caloric calculations • Food label analysis • “What choice is best?” food comparison • Fad diet analysis and weight loss and maintenance recommendations 		<p>Assorted food labels</p> <p>MyPyramid.gov website</p> <p>“A Game Plan for Competing Safely” video</p>
10.2.12A	<p>Evaluate health care products and services that impact adult health practices.</p>	<p>Viewing selected media clips and tutorials:</p> <ul style="list-style-type: none"> • MyPyramid directions and food groups • Portion distortion clip 		
10.2.9B	<p>Analyze the relationship between health-related information and adolescent consumer choices.</p>	<p>Participation in and analysis of demonstrations:</p> <ul style="list-style-type: none"> • Portion size comparison • Sugar and fat amounts in select foods • Three-day nutrition log and analysis 		
10.2.12B	<p>Assess factors that impact adult health consumer choices.</p>			

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Course Name:	Health Education 0430
Content:	Fitness
Key Learning(s):	There are numerous benefits to regular physical activity, including increased life expectancy and decreased disease risk. The “FITT” principles of frequency, intensity, time and type can be used to design regular physical activity programs. Fitness safety and effectiveness are achieved by applying warm-ups, cool-downs, specificity, overload and progression. Calculating heart rate during exercise provides a measurement of exercise intensity.
Essential Question(s):	What factors contribute to our society being less active in comparison to the past? What are the differences between health-related and skill-related components of fitness? How can we motivate ourselves and others to become and stay physically active? What components are necessary for an individual to design a personal fitness plan?

Number	Standard	Student Learning Experiences	Procedures for Assessment	Resources
10.1.12B	Evaluate factors that impact the body systems and apply protective/preventive strategies.	Participation in class discussions and brainstorming: <ul style="list-style-type: none"> Reasons why our society is less active today than in the past Reasons why people dislike or do not participate in regular physical activity Health benefits of regular physical activity Contrast between aerobic and anaerobic activity Definitions and benefits of health-related fitness components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition Definitions and benefits of skill-related components of fitness: balance, agility, speed, power, reaction time and coordination Lifetime fitness activities Training principles including warm-up, cool- 	Oral responses during class discussions Completion of class work and homework assignments Personal fitness plan	Textbook: <i>Pearson: Health</i> “Choices” magazines Various posters and models On-line diagrams, tutorials and media clips Various brochures and pamphlets
10.1.12E	Identify and analyze factors that influence the prevention and control of health problems.			
10.2.12D	Examine and apply a decision-making process to the development of short and long-term health goals.			
10.2.12E	Analyze the interrelationship between environmental factors and community health.			

10.4.9B	Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.	<p>down, specificity, overload, progression and reversibility</p> <ul style="list-style-type: none"> • Motivations for adhering to regular exercise 		
10.4.9C	Analyze factors that effect responses of body systems during moderate to vigorous physical activities.	<p>Completion of in-class and homework assignments:</p> <ul style="list-style-type: none"> • Apply the FITT principle to personal activity • Analyze various sports to determine components of fitness necessary for success • Design a personal fitness plan <p>Viewing selected media clips and tutorials:</p> <ul style="list-style-type: none"> • “Body Image” • “Planning for Lifelong Fitness” 		
10.4.9D	Analyze factors that affect physical activity preference of adolescents.	<p>Participation in and analysis of demonstrations:</p> <ul style="list-style-type: none"> • Testing skill-related fitness components • Calculation of resting heart, various exercise condition heart rates, approximate maximal heart rate and heart rate range for exercise 		
10.4.12C	Evaluate how changes in adult health status may affect the responses during moderate to vigorous physical activity.			
10.4.12D	Evaluate factors that affect physical activity preference of adults.			
10.5.9D	Identify and describe the principles of training using appropriate vocabulary.			

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Course Name:	Health Education 0430
Content:	Human development and sexuality
Key Learning(s):	The male and female reproductive systems consist of structures that enable the continuation of human life. Pregnancy progress through three stages of development, with increased growth and formation. Abstinence and a monogamous marriage are the only ways to completely prevent sexually transmitted diseases (STDs). Healthy relationships are based on communication, respect, honesty and love.
Essential Question(s):	In what ways are the reproductive systems different from any other body systems? What developmental changes occur during the ninth months of pregnancy? What challenges do teenage parents and their children face? What motivations does a teenager have for remaining abstinent? Which characteristics lead to healthy dating and marriage relationships?

Number	Standard	Student Learning Experiences	Procedures for Assessment	Resources
10.1.9A	Analyze factors that impact growth and development between adolescence and adulthood.	Participation in class discussions and brainstorming: <ul style="list-style-type: none"> Three stages of fetal development Three stages of childbirth Specific risks faced by teenage parents Concerns of HIV/AIDS in our country and across the world Specific contraceptives, including risks and failure rates Characteristics and dangers of various sexually transmitted diseases (STDs) Protective strategies for reducing the incident of sexual assault and relationship abuse Characteristics of successful healthy relationships 	Oral responses during class discussions Written quiz Unit project option Completion of class work and homework assignments Journal entries on class discussions, media clips and articles	Textbook: <i>Pearson: Health</i> “Choices” magazines On-line tutorials and media clips Various brochures and pamphlets Discovery Health pregnancy stages media clips “Why Abstinence?” The Price Tag of
10.1.9 E	Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.			
10.1.12A	Evaluate factors that impact growth and development during adulthood and late adulthood.			

10.2.12D	Examine and apply a decision-making process to the development of short and long-term health goals.	Completion of in-class and homework assignments: <ul style="list-style-type: none"> • Journaling on various articles, video clips and class discussions • Reproductive system structure identification using diagrams • Providing counsel to friends who might use faulty thinking to make decisions • “Opposites attract” packet activity • Research medical concerns related to pregnancy and childbirth • Completion of current event, marriage interview or baby cost analysis project Viewing selected media clips and tutorials: <ul style="list-style-type: none"> • Reproductive system diagrams • Discovery Health pregnancy stages media clip Participation in and analysis of demonstrations: <ul style="list-style-type: none"> • Fetus replica models • \$250,000 question script regarding choices 		Casual Sex” video “Fathers Too Soon” video “AIDS: A Changing Epidemic” video
10.3.9C	Analyze and apply strategies to avoid or manage conflict and violence during adolescence.			
10.3.12C	Analyze the impact of violence on the victim and surrounding community.			

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Course Name:	Health Education 0430
Content:	Tobacco education
Key Learning(s):	The majority of lifelong smokers begin in their teenage years, therefore smoking prevention extremely important. The ability to apply responsible decision-making skills to prevent tobacco use promotes health and safety. As the leading factor in preventable death, smoking contributes to cancers, lung disease and heart disease. Smokeless tobacco is a dangerous substance, leading to gum disease, tooth decay and cancers of the mouth. Various quitting strategies exist for those who desire to stop smoking.
Essential Question(s):	What factors influence young people to experiment with smoking? How does smoking affect a person's quality of life in the near future and later in life? Why might someone falsely believe that smokeless tobacco is less harmful to health in comparison to smoking? How can people protect themselves from secondhand smoke both in the home and in public? What strategies enable a person to successfully quit smoking?

Number	Standard	Student Learning Experiences	Procedures for Assessment	Resources
10.1.9A	Analyze factors that impact growth and development between adolescence and adulthood.	Participation in class discussions and brainstorming: <ul style="list-style-type: none"> Reasons why young people begin smoking Specific effects of tobacco on young people Effects of secondhand smoking on individuals and within communities Successful strategies for quitting smoking 	Oral responses during class discussions	Textbook: <i>Pearson: Health</i>
10.1.9D	Analyze prevention and intervention strategies in relation to adolescent and adult drug use.	Completion of in-class and homework assignments: <ul style="list-style-type: none"> Journaling in response to various articles, video clips and class discussions Tobacco advertisement analysis Knowledge crossword puzzle 	Completion of class work and homework assignments	"Choices" magazines
10.1.12D	Evaluate issues relating to the use/non-use of drugs.		Journal entries on class discussions, media clips and articles	On-line tutorials and media clips
10.2.9B	Analyze the relationship between health-related			Various brochures and pamphlets
				Tobacco tar model
				"Secrets Through the Smoke" video

10.2.9C	information and adolescent consumer choices. Analyze media health and safety messages and describe their impact on personal health and safety.	<p>Reading and responding to relevant articles:</p> <ul style="list-style-type: none"> • “A Smoker’s Final Wish” • “Sean Marsee’s Smokeless Death” <p>Viewing selected media clips and tutorials:</p> <ul style="list-style-type: none"> • History of the tobacco industry and implications of the settlement • Target audience of the tobacco industry, including advertisement strategies • Tobacco related consequences and diseases <p>Participation in and analysis of demonstrations:</p> <ul style="list-style-type: none"> • “Smoking aerobics” airway restriction 		“Scene Smoking” video
10.2.12C	Compare and contrast the positive and negative effects of the media on adult personal health and safety.			
10.4.9C	Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.			

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Course Name:	Health Education 0430
Content:	Alcohol education
Key Learning(s):	<p>Alcohol abuse affects an individual's life, the lives of family and friends and society as a whole.</p> <p>The ability to apply responsible decision-making skills to prevent alcohol use promotes health and safety.</p> <p>Multiple factors affect an individual's blood alcohol concentration level.</p> <p>Alcohol abuse negatively affects various body systems; during pregnancy it may lead to fetal alcohol syndrome.</p> <p>Consequences of driving under the influence include fines, jail time, loss of license and increased insurance rates.</p>
Essential Question(s):	<p>How does alcohol abuse specifically affect individual lives and society?</p> <p>What can be done to convince teenagers of the serious risks involved with underage drinking?</p> <p>How will alcohol abuse put a person's short-term and long-term health at risk?</p> <p>What dangerous misconceptions do some teenagers and adults have regarding alcohol?</p> <p>Why has Alcoholics Anonymous gained popularity and experienced successful results?</p>

Number	Standard	Student Learning Experiences	Procedures for Assessment	Resources
10.1.9A	Analyze factors that impact growth and development between adolescence and adulthood.	Participation in class discussions and brainstorming: <ul style="list-style-type: none"> Reasons why young people abuse alcohol Specific effects of alcohol on young people Effects of alcohol on the health of individuals, the lives of families and the stress of communities 	Oral responses during class discussions	Textbook: <i>Pearson: Health</i>
10.1.9D	Analyze prevention and intervention strategies in relation to adolescent and adult drug use.	<ul style="list-style-type: none"> Characteristics of fetal alcohol syndrome (FAS) 	Completion of class work and homework assignments	"Choices" magazines
10.1.12D	Evaluate issues relating to the use/non-use of drugs.	<ul style="list-style-type: none"> Various factors that affect a person's blood alcohol concentration (BAC) Characteristics of alcoholism Consequences of underage possession and driving under the influence (DUI) in Pennsylvania 	Journal entries on class discussions, media clips and articles	On-line tutorials and media clips
10.2.9C	Analyze media health and safety messages and	<ul style="list-style-type: none"> Success of Alcoholics Anonymous 		Various brochures and pamphlets
				"Wasted Youth" video
				"The Truth About Alcohol" video

10.2.9D	describe their impact on personal health and safety. Analyze and apply a decision-making process to adolescent health and safety issues.	<p>Completion of in-class and homework assignments:</p> <ul style="list-style-type: none"> • Journaling on various articles, video clips and class discussions • Calculating proof and percent alcohol • Alcohol advertisement analysis • Non-alcoholic party project 		<p>“Smart and Sober” media clips</p> <p>“Brandon Tells His Story” video</p>
10.2.12B	Assess factors that impact adult health consumer choices.	<p>Viewing selected media clips and tutorials:</p> <ul style="list-style-type: none"> • Alcohol related consequences and diseases • Binge drinking • Drinking and driving 		
10.2.12C	Compare and contrast the positive and negative effects of the media on adult personal health and safety.	<p>Participation in and analysis of demonstrations:</p> <ul style="list-style-type: none"> • Impairment simulations that affect decisions and coordination • “Liver overload” simulation 		
10.3.9D	Analyze the role of individual responsibility for safety during organized group activities.			
10.3.12A	Assess the personal and legal consequences of unsafe practices in the home, school or community.			

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Course Name:	Health Education 0430
Content:	Drug education
Key Learning(s):	There are various classifications and effects of different drugs. Specific criteria exist to differentiate between responsible use, misuse and abuse of drugs. The ability to apply responsible decision-making skills to prevent drug use promotes health and safety. Treatments are available and can be accessed by those who are seeking recovery from addiction.
Essential Question(s):	What factors influence teenage drug use and what strategies are effective for prevention? How do drug addictions affect personal lives, relationships and society? What different types of drug treatment programs are available and how does one access them?

Number	Standard	Student Learning Experiences	Procedures for Assessment	Resources
10.1.9D	Analyze prevention and intervention strategies in relation to adolescent and adult drug use.	Participation in class discussions and brainstorming: <ul style="list-style-type: none"> Positive impact of medical advances and responsible drug use Negative consequences of drug misuse and abuse Specific concerns with prescription drug abuse, inhalant abuse and marijuana abuse Drug dependency progression Classifications of different drugs Available resources for drug addiction recovery Effective strategies for staying drug-free 	Oral responses during class discussions Completion of class work and homework assignments Written quiz Drug free awareness project	Textbook: <i>Pearson: Health</i> “Choices” magazines On-line tutorials and media clips Various brochures and pamphlets <i>Substance Abuse Prevention Activities</i> book “Painfully Obvious” prescription drug abuse materials
10.1.12D	Evaluate issues relating to the use/non-use of drugs.			
10.2.9D	Analyze and apply a decision-making process to adolescent health and safety issues.			
10.3.9D	Analyze the role of individual responsibility for safety during organized group activities.	Completion of in-class and homework assignments: <ul style="list-style-type: none"> Articles and questions Library research on effects of a specific drug 		

		<p>Viewing selected media clips and tutorials:</p> <ul style="list-style-type: none"> • Effects of drug use on body organs • Inhalant, marijuana and club drug abuse • Consequences of illegal steroid use • Legal consequences of drug abuse <p>Participation in and analysis of demonstrations:</p> <ul style="list-style-type: none"> • Simulations of tolerance, drug reactivity, mental confusion and addiction 		<p>Inhalant abuse prevention kit (Alliance for Consumer Education)</p> <p>“Champions at Any Price” steroids video</p> <p>“Club Drugs” video</p> <p>“Marijuana: Paying the Price” video</p> <p>“Busted: Drugs and the Law” video</p>
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Course Name:	Health Education 0430
Content:	Diseases
Key Learning(s):	There are specific disease risk factors that can be controlled and other risk factors that cannot be controlled. Different treatments and lifestyle modifications are employed based on the nature of specific diseases. Mental disorders, such as depression, are serious medical conditions that require treatment.
Essential Question(s):	How do various choices related to drug use, sexuality, fitness, nutrition, stress and sleep affect disease risk? What specific lifestyle factors can reduce the risk of developing heart disease, diabetes and certain cancers? What factors contribute to the appearance of various mental disorders?

Number	Standard	Student Learning Experiences	Procedures for Assessment	Resources
10.1.9E	Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.	Participation in class discussions and brainstorming: <ul style="list-style-type: none"> Effects of lifestyle choices on disease risk Differences between infectious and chronic diseases Characteristics and treatments for allergies and asthma Controllable and uncontrollable risk factors for heart disease and diabetes Use of the acronym “CAUTION” to identify cancer risk factors Various treatments and support strategies for cancer patients Characteristics and treatments for various mental disorders Role of stress in disease risk Role of sleep in disease risk 	Oral responses during class discussions Completion of class work and homework assignments Small group disease presentation (power point)	Textbook: <i>Pearson: Health</i> “Choices” magazines Various posters and models On-line diagrams, tutorials and media clips Various brochures and pamphlets “A Body Story: Heart Attack” video
10.1.12A	Evaluate factors that impact growth and development during adulthood and late adulthood.			
10.1.12B	Evaluate factors that impact the body systems and apply protective/preventive strategies.			
10.1.12E	Identify and analyze			

10.2.9E	factors that influence the prevention and control of health problems. Explain the interrelationship between the environment and personal health.	<p>Completion of in-class and homework assignments:</p> <ul style="list-style-type: none"> • Family health history research • “Life Choices Inventory” on cardiovascular disease risk • “Go For the Bronze” article and questions on skin cancer and tanning • Disease fact recording from group presentations 		<p>“Managing Health: Depression” video</p> <p>“Cracking the Code of Life” video</p>
10.2.12E	Analyze the interrelationship between environmental factors and community health.	<p>Viewing selected media clips and tutorials:</p> <ul style="list-style-type: none"> • UV radiation and skin cancer • Personal stories of individuals with heart disease, diabetes, cancer and chronic diseases • Role of genetics and disease identification and prevention <p>Participation in and analysis of demonstrations:</p> <ul style="list-style-type: none"> • Identify warning signs for cancer • Library research on selected disease • Presentation of research 		

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Course Name:	Health Education 0430
Content:	First Aid
Key Learning(s):	Calling the local emergency number and obtaining immediate medical help is always a top priority in first aid care. Checking a victim includes monitoring airways, breathing and circulation, as well as examining for severe injuries. Different emergency situations require specific care steps, which should be reviewed and practiced regularly.
Essential Question(s):	What preventive measures can help reduce the risk of emergency situations? What essential care steps should be taken when arriving at the scene of an accident or injury? How can individuals be prepared to handle emergency situations at home and when traveling?

Number	Standard	Student Learning Experiences	Procedures for Assessment	Resources
10.3.9A	Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.	Participation in class discussions and brainstorming: <ul style="list-style-type: none"> Essential care steps for obtaining medical help during an emergency First aid procedures for a choking victim Basic CPR procedures of rescue breathing and chest compressions Use of an automated external defibrillator (AED) Recognizing and treating symptoms of shock Appropriate care for someone experiencing a heat or cold-related emergency Specific procedures for administering first aid for animal bites, burns and fractures 	Oral responses during class discussions	Textbook: <i>Pearson: Health</i>
10.3.9B	Describe and apply strategies for emergency and long-term management of injuries.		Completion of class work and homework assignments	“Choices” “Choices” magazines
10.3.12A	Assess the personal and legal consequences of unsafe practices in the home, school or community.		Written quiz	Various posters and models
10.3.12B	Analyze and apply strategies for the management of injuries.	Completion of in-class and homework assignments: <ul style="list-style-type: none"> Current event articles on treating injuries Individual practice of first aid skills Designing a homemade first aid kit 		On-line diagrams, tutorials and media clips
				Various brochures and pamphlets
				First aid models and equipment
				American Red Cross website

		<p>Viewing selected media clips and tutorials:</p> <ul style="list-style-type: none">• Media clips on first aid and cardiac arrest• American Red Cross website <p>Participation in and analysis of demonstrations:</p> <ul style="list-style-type: none">• Procedures for CPR• Procedures for treating shock• Procedures for helping a choking victim• Procedures for treating burns, bites and fractures		
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Course Name:	Health Education 0430
Content:	Mental Health
Key Learning(s):	Stress is a major factor to our health and well being. Self-injury is an unhealthy way to cope with emotions, stress and traumatic events. Recognizing and responding to the warning signs of depression and suicide.
Essential Question(s):	What are factors that cause stress in teenagers? What are the signs and symptoms of stress, depression, and suicide? What are resources available to the person who is depressed or suicidal?

Number	Standard	Student Learning Experiences	Procedures for Assessment	Resources
10.1.9A	Analyze factors that impact growth and development between adolescence and adulthood.	Participation in class discussions, in-class and homework assignments:	Oral Responses during class discussions	Textbook: <i>Pearson Health</i>
10.1.9E	Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.	<ul style="list-style-type: none"> • Causes of stress • Recognize the warning signs of stress • Identify positive coping mechanisms for stress • Warning signs of clinical depression • Various treatment options for depression • Understand the reasons for self-injury • Recognize the risk factors and warning signs of suicide 	Completion of class work and homework assignments	“Choices” Magazines
10.3.9C	Analyze and apply strategies to avoid or manage conflict and violence during adolescence.		Journal entries for class discussions, media clips and articles Written quiz	Various websites and media clips Various brochures and pamphlets