

High School Health

MAIN IDEA: "The unexamined life is not worth living." Socrates

Key Health Ideas:

Personal Responsibility

Effective Problem Solving

Dealing with Changes

Becoming Citizens rather than consumers

Continuous Evaluation and Development

Big Idea: Making Healthy Choices.

Essential Questions:

- How do people make healthy decisions?
- How does making healthy decisions influence a person's mental, social, and physical health?

Objectives:

Standard: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- Predict how healthy behaviors can affect health status.
- Describe the interrelationships of emotional, intellectual, physical, and social health.
- Analyze how environment and personal health are interrelated.
- Analyze how genetics and family history can impact personal health.
- Propose ways to reduce or prevent injuries and health problems.
- Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
- Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors.
- Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.

Standard: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- Analyze how family influences the health of individuals.
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- Analyze how peers influence healthy and unhealthy behaviors.
- Evaluate how the school and community can impact personal health practice and behaviors.
- Evaluate the effect of media on personal and family health.
- Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
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- Utilize skills for communicating effectively with family, peer, and others to enhance health.
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- Demonstrate strategies to prevent, manage or resolve interpersonal conflicts without harming self or others.
- Demonstrate how to ask for and offer assistance to enhance the health of self and others.

Standard: Students will demonstrate the ability to use decision-making skills to enhance health.

- Examine barriers that can hinder healthy decision making.
- Determine the value of applying a thoughtful decision making process in health related situations.
- Justify when individual or collaborative decision making is appropriate.
- Generate alternatives to health-related issues or problems.

Standard: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.
- Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.
- Analyze the role of individual responsibility in enhancing health.

Standard: Students will demonstrate the ability to advocate for personal, family and community health.

- Demonstrate how to influence and support others to make positive health choices.
- Predict the potential short and long-term impact of each alternative on self and others.
- Defend the healthy choice when making decisions.
- Evaluate the effectiveness of health-related decisions.

Big Idea: Nutrition

Essential Questions:

- What is nutrition?
- How can your diet affect the way you look and feel?
- Are you undernourished?
- What is the function and structure of the digestive system?
- What constitutes a serving size?
- How can you apply the food guide pyramid to your life?
- What are the effects of eating healthy vs. unhealthy?

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Big Idea: Stress

Essential Questions:

- What are the physiological stress responses to eustress and distress?
- How can you apply stress management techniques to real life situations?

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Standard: Students will demonstrate the ability to access valid information and products and services to enhance health.

- Evaluate the validity of health information, products and services.
- Use resources from home, school and community that provide valid health information.
- Access valid and reliable health products and services.
- Determine the accessibility of products and services that enhance health.
- Determine when professional health services may be required.

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- Formulate an effective long-term personal health plan.

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 - Work cooperatively as an advocate for improving personal, family and community health.
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Big Idea: Personality Theories and Development

Essential Questions:

- What are personality theories?
- How can the results of different personality tests affect how I learn?
- What is the connection between multiple intelligences and an individual's learning style?

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Big Idea: Mental Health

Essential Questions:

- What constitutes mental health?
- What are the characteristics of a mentally healthy person?
- How do mental disorders affect the individual?
- How do mental disorders affect society?
- What can I do to help those with mental disorders?

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Standard: Students will demonstrate the ability to advocate for personal, family and community health.

- Utilize accurate peer and societal norms to formulate a health-enhancing message.
- Adapt health messages and communication techniques to a specific target audience.
- Demonstrate how to influence and support others to make positive health choices.
- Work cooperatively as an advocate for improving personal, family and community health.

Big Idea: Social Health

Essential Questions:

- How does the media effect who we are?
- Who are we as a society?

- What are the characteristics of a healthy and unhealthy relationship?
- How can developing social skills and conflict resolution skills impact your relationships?
- How do bullying and sexual harassment affect an individual and society?

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- Evaluate the impact of technology on personal, family and community health.
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- Use resources from home, school and community that provide valid health information.

Big Idea: Human Sexuality

Essential Questions:

- What determines someone's human sexuality?
- What is the connection between the endocrine system and human sexuality?
- How does human development begin and end?
- How do STI's affect the individual and society?
- How does choosing to be abstinent affect my life?

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Big Idea: Use and Abuse of Drugs

Essential Questions:

- Why do people take drugs?
- How do drugs affect the body?
- What impact do drugs have on society?
- How can I elect to stay drug free?

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