



SPRING GROVE AREA SCHOOL DISTRICT



PLANNED COURSE OVERVIEW

Course Title: Wellness/Fitness - Health Grade Level(s): 7 Units of Credit: N/A Classification: Required	Length of Course: 20 single periods Periods Per Cycle: N/A Length of Period: 47 minutes Total Instructional Time: 15.5 hours
--	---

Course Description

The Wellness education program seeks to encourage students to take an active role in maintaining and improving their physical, social, emotional, and intellectual health. Students are asked to apply dietary guidelines to meet nutritional guidelines as well as gain knowledge of benefits associated with physical fitness, good personal health habits, health promotion, and disease prevention. Advantages of avoiding substance abuse and skills to avoid substance abuse are also addressed.

Instructional Strategies, Learning Practices, Activities, and Experiences

Lecture Discussion Google Classroom	Socratic Web Quets Fitness Technology	Group Presentations Videos
---	---	-------------------------------

Assessments

Various Formative Assessments Self-Assessment Project	Tests / Quizzes 30hands Learning	Web Quets Google Slide Development
--	-------------------------------------	---------------------------------------

Materials/Resources

Meeks Heit Textbook (2005) Various Video and Internet Resources	Teacher Created Materials	Dental Hygiene Curriculum
--	---------------------------	---------------------------

Adopted: 2/17/88

Revised: 9/3/91; 8/19/92; 6/22/94; 8/16/00; 8/21/06; 6/20/11; 5/16/16

Addressing Physical, Social, Mental/Emotional Health	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Health Skills – physical health, social health, mental / emotional health</p> <p>Decision Making</p> <p>Refusal / Resistance Skills</p> <p><u>Related Vocabulary</u> health health triangle physical health social health mental / emotional health</p>	<p>10.1.9.A - Analyze factors that impact growth and development between adolescence and adulthood.</p> <p>10.1.9.E - Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p> <p>10.2.9.A - Identify and describe health care products and services that impact adolescent health practices.</p> <p>10.2.9.B - Analyze the relationship between health-related information and adolescent consumer choices.</p> <p>10.2.9.C - Analyze media health and safety messages and describe their impact on personal health and safety.</p> <p>10.2.9.E - Explain the interrelationship between the environment and personal health.</p>

Dental Health (taught by Dental Hygienist)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Symptoms, causes, and treatment of gum disease</p> <p>Effects of smokeless tobacco on oral care</p> <p><u>Related Vocabulary</u> leukoplakia periodontal ligaments periodontal disease tartar gum disease plaque</p>	<p>10.1.9.E - Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p> <p>10.2.9.A - Identify and describe health care products and services that impact adolescent health practices.</p> <p>10.2.9.B - Analyze the relationship between health-related information and adolescent consumer choices.</p>

Alcohol	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Physical and Psychological Effects of Alcohol Consumption</p> <p>BAC Levels</p> <p><u>Related Vocabulary</u> alcohol beer wine liquor blood alcohol concentration (BAC) alcoholism blackout hangover</p>	<p>10.1.9.A - Analyze factors that impact growth and development between adolescence and adulthood.</p> <p>10.1.9.B - Analyze the interdependence existing among the body systems.</p> <p>10.1.9.C - Analyze factors that impact nutritional choices of adolescents.</p> <p>10.1.9.D - Analyze prevention and intervention strategies in relation to adolescent and adult drug use.</p> <p>10.1.9.E - Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p> <p>10.2.9.B - Analyze the relationship between health-related information and adolescent consumer choices.</p> <p>10.2.9.C - Analyze media health and safety messages and describe their impact on personal health and safety.</p> <p>10.2.9.D - Analyze and apply a decision-making process to adolescent health and safety issues.</p>

Tobacco	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Physical Effects	10.1.9.A - Analyze factors that impact growth and development between adolescence and adulthood.
Advertising	10.1.9.B - Analyze the interdependence existing among the body systems.
Quitting Techniques	10.1.9.D - Analyze prevention and intervention strategies in relation to adolescent and adult drug use.
	10.1.9.E - Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.
<u>Related Vocabulary</u>	10.2.9.A - Identify and describe health care products and services that impact adolescent health practices.
tobacco	10.2.9.B - Analyze the relationship between health-related information and adolescent consumer choices.
nicotine	10.9.C - Analyze media health and safety messages and describe their impact on personal health and safety.
smokeless tobacco	10.2.9.D - Analyze and apply a decision-making process to adolescent health and safety issues.
nicotine withdrawal syndrome	10.2.9.E - Explain the interrelationship between the environment and personal health.
carcinogen	
tar	
carbon monoxide	
leukoplakia	
sidestream smoke	
mainstream smoke	
nicotine patch	
nicotine gum	
nicotine nasal spray	
nicotine inhaler	
non-nicotine pill	

Growth and Development	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Female Growth and Development</p> <ul style="list-style-type: none"> • Anatomy • Reproductive Health • Menstrual Cycle <p>Male Growth and Development</p> <ul style="list-style-type: none"> • Anatomy • Reproductive Health • Puberty <p><u>Related Vocabulary</u> puberty estrogen testosterone female reproductive system mons vereris labia majora labia minora clitoris hymen ovaries ovulation fallopian tube uterus cervix Premenstrual Syndrome (PMS) toxic shock syndrome (TSS) infertility abstinence</p>	<p>10.1.9.A - Analyze factors that impact growth and development between adolescence and adulthood.</p> <p>10.1.9.B - Analyze the interdependence existing among the body systems.</p> <p>10.1.9.E - Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p> <p>10.2.9.A - Identify and describe health care products and services that impact adolescent health practices.</p> <p>10.2.9.B - Analyze the relationship between health-related information and adolescent consumer choices.</p>

Growth and Development (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p><u>Related Vocabulary</u> (continued)</p> <p>menstruation testes scrotum sperm urethra vas deferens epididymis seminal vesicles ejaculatory duct prostate gland Cowper's Gland semen erection ejaculation nocturnal emissions smegma</p>	

Injury Prevention and Personal Safety	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Reducing unintentional injuries</p> <p>Staying safe during severe weather and natural disasters</p> <p>Respecting authority and obeying laws</p> <p>Protecting yourself from physical violence</p> <p><u>Related Vocabulary</u> poisoning choking tornado flash flood drowning</p>	<p>10.2.9.D – Analyze and apply a decision-making process to adolescent health and safety issues.</p>