



**SPRING GROVE AREA SCHOOL DISTRICT**



**PLANNED COURSE OVERVIEW**

<b>Course Title:</b> Wellness/Fitness - Health <b>Grade Level(s):</b> 8 <b>Units of Credit:</b> N/A <b>Classification:</b> Required	<b>Length of Course:</b> 20 single periods <b>Periods Per Cycle:</b> N/A <b>Length of Period:</b> 47 minutes <b>Total Instructional Time:</b> 15.5 hours
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***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 Group Project Google Slides	Research For Group Presentations Videos Fitness Technology
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***Assessments***

Tests/Quizzes Grading Rubrics For Presentations	Energy In/Energy Out Wheel Various Formative Assessments	Project
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***Materials/Resources***

Meeks Heit Textbook (2005) Various Video and Internet Resources	Teacher Created Materials	Dental Hygiene Curriculum
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**Adopted:** 8/17/94

**Revised:** 8/16/00; 8/21/06; 6/20/11; 5/16/16

Health Skills	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Physical Health	10.1.9.A - Analyze factors that impact growth and development between adolescence and adulthood.
Social health	10.1.9.E - Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.
Mental/Emotional Health	10.2.9.A - Identify and describe health care products and services that impact adolescent health practices.
<u>Related Vocabulary</u>	10.2.9.C - Analyze media health and safety messages and describe their impact on personal health and safety.
health	10.2.9.D - Analyze and apply a decision-making process to adolescent health and safety issues.
health triangle	10.2.9.E - Explain the interrelationship between the environment and personal health.
physical health	
mental/emotional health	
social health	10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence.
environment	
heredity	
Decision Making	
Refusal/Resistance Skills	

Dental Health	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Sugar Analysis in Diet  <u>Related Vocabulary</u> sugar words ending in "ose"	10.1.9.C - Analyze factors that impact nutritional choices of adolescents.

Personal Health and Physical Activity	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Developing Fitness Goals</p> <p><u>Related Vocabulary</u>                      norepinephrine                      beta-endorphins                      Type II diabetes                      osteoporosis                      arthritis                      life expectancy                      cardiovascular disease                      cardiac output                      high-density lipoproteins (HDLs)                      low-density lipoproteins (LDLs)                      blood pressure                      stroke                      FITT formula (frequency, intensity, time, and type of exercise)                      warm-up                      cool-down                      cardiorespiratory endurance                      muscular strength                      exercise                      aerobic exercise                      anaerobic exercise                      isometric exercise                      isotonic exercise                      isokinetic exercise                      static stretching                      ballistic stretching                      resistance exercises                      repetitions maximum                      repetitions                      weight training                      free weights</p>	<p>10.3.9.A - Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.</p> <p>10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p>

Personal Health and Physical Activity (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>weight machine                      fitness skills                      agility                      balance                      coordination                      reaction time                      speed                      power                      principle of warm-up                      principle of cool-down                      principle of specificity                      principle of overload                      principle of progression                      principle of fitness reversibility                      RICE treatment (rest, ice, compression, and elevation for injuries)</p>	

Social Health and Sexually Transmitted Diseases (STDs)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Dating Relationships	10.1.9.A - Analyze factors that impact growth and development between adolescence and adulthood.
Abstinence	10.1.9.B - Analyze the interdependence existing among the body systems.
Methods of Contraception	10.1.9.E - Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.
Sexual Violence	10.2.9.A - Identify and describe health care products and services that impact adolescent health practices.
Types of Sexually Transmitted Diseases (STDs)/ Sexually Transmitted Infections (STIs)	10.2.9.C - Analyze media health and safety messages and describe their impact on personal health and safety.
Treatment of Viral/Parasitic/Bacterial STIs/STDs	10.2.9.D - Analyze and apply a decision-making process to adolescent health and safety issues.
<u>Related Vocabulary</u> sexually transmitted infection (STI) sexually transmitted disease (STD) trichomonas pubic lice (crabs) chlamydia gonorrhea syphilis herpes HPV (Human papillomavirus) Hepatitis B Human Immunodeficiency Virus (HIV)/ Acquired Immune Deficiency Syndrome (AIDS) abstinence contraceptives The Patch	

Social Health and STDs (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>oral contraceptives                      injectable contraceptive                      intrauterine device (IUD)                      NuvaRing                      condom                      spermicides                      diaphragm                      cervical cap                      surgical sterilization                      rhythm method                      withdrawal                      curfew                      dating                      rejection</p>	

Mental and Emotional Health	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Developing Good Character</p> <p>Developing a Healthy Mind</p> <p>Emotions and Stress</p> <p>Dealing with Depression</p> <p>Conflict Resolution</p> <p><u>Related Vocabulary</u>                      self-esteem                      anxiety disorders                      obsessive compulsive disorder (OCD)                      phobia                      depression                      bipolar disorder                      schizophrenia                      psychologist                      psychiatrist                      stress                      antidepressant                      suicide</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.D - Analyze and apply a decision-making process to adolescent health and safety issues.</p>

Nutrition	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Digestive System	10.1.9.B - Analyze the interdependence existing among the body systems.
Impact of Food Choices, Including Fast Food, on Health	10.1.9.C - Analyze factors that impact nutritional choices of adolescents.
Body Image	10.2.9.B - Analyze the relationship between health-related information and adolescent consumer choices.
Eating Disorders	10.2.9.C - Analyze media health and safety messages and describe their impact on personal health and safety.
<u>Related Vocabulary</u> anorexia nervosa bulimia binge eating malnutrition basal metabolic rate (BMR) caloric intake caloric expenditure eating disorders laxative calorie obesity over weight desired weight weight control diet	10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.

Drugs	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Legal vs. Illegal  Types of Illegal drugs  <u>Related Vocabulary</u> stimulants depressants narcotics ecstasy marijuana hallucinogens inhalants opium morphine codeine heroine barbiturates steroids cocaine crack amphetamines methamphetamines Lysergic Acid Diethylamide (LSD) Phencyclidine (PCP) psilocybin  Reasons for Drug Abuse  Where to Get Help	10.1.9.A - Analyze factors that impact growth and development between adolescence and adulthood.  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.