



SPRING GROVE AREA SCHOOL DISTRICT



PLANNED COURSE OVERVIEW

Course Title: Health Education Grade Level(s): 10 Units of Credit: .50 Classification: Required	Length of Course: 15 cycles Periods Per Cycle: 6 Length of Period: 43 minutes Total Instructional Time: 64.5 hours
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Course Description

This course is designed so that each student acquires the knowledge and skills necessary to make positive lifestyle choices. The student comprehends cognitive information regarding behaviors and issues relating to alcohol, tobacco and illicit drug use. The student attains a knowledge base regarding teen sexuality, forms of contraceptives, the impact of unwanted teen pregnancy, teen pregnancy, marriage, parenthood, domestic violence, abusive relationships, addiction, codependency, communicable and non-communicable diseases, aging, first aid, CPR, AED, and dealing with grief. The student demonstrates knowledge and skills in the practice of conflict resolution and tolerance. The student demonstrates knowledge and skills in the practice of researching personal health issues and understanding self-advocacy in regards to personal health.

Instructional Strategies, Learning Practices, Activities, and Experiences

Question and Response Demonstration Writing Prompt	Lecture Guided Practice Guided Reading	Group Discussion Group Project Fitness Technology
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Assessments

Quiz Individual and Group Projects	Test Data Analysis	Writing Prompt
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Materials/Resources

Glencoe Health American Red Cross CPR/AED Resources	Supplemental Materials	Internet Resources
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Adopted:
Revised: 8/16/00; 8/21/06; 6/20/11; 5/16/16
Departmental Review: 10/2017, 2/2020

Alcohol Education	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Reasons Teens Use Alcohol and Negative Consequences of Alcohol Use</p> <p>Laws and Penalties Regarding Underage Drinking and Alcohol Use</p> <p>Physiological and Psychological Effects of Alcohol Use and Abuse</p> <p>Stages of Alcoholism and Signs of Addiction</p> <p><u>Related Vocabulary</u> peer pressure zero tolerance blood alcohol concentration intoxication depressant addiction detoxification alcohol poisoning recovery metabolism alcoholism</p>	<p>10.1.12.D - Evaluate issues relating to the use/non-use of drugs.</p> <p>10.2.9.D - Analyze and apply a decision-making process to adolescent health and safety issues.</p> <p>10.2.12.C - Compare and contrast the positive and negative effects of the media on adult personal health and safety.</p> <p>10.2.12.D - Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>10.3.12.A - Assess the personal and legal consequences of unsafe practices in the home, school or community.</p>

Tobacco Education	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Relationship of Tobacco Use to Disease and Immediate Physical Effects of Tobacco Use</p> <p>Myths and Misconceptions About Chew Tobacco</p> <p>Physiological and Psychological Addiction</p> <p><u>Related Vocabulary</u> chronic bronchitis emphysema cancer carcinogen leukoplakia addiction withdrawal</p>	<p>10.1.9.E - Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p> <p>10.1.12.D - Evaluate issues relating to the use/non-use of drugs.</p> <p>10.1.12.E - Identify and analyze factors that influence the prevention and control of health problems.</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>10.2.12.B - Assess factors that impact adult health consumer choices.</p> <p>10.2.12.C - Compare and contrast the positive and negative effects of the media on adult personal health and safety.</p>

Teenage Pregnancy and Contraceptive Methods	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Statistics of Teenage Sexual Behavior and Consequences of Sexual Activity</p> <p>Characteristics of Chemical, Hormonal, Barrier, and Natural Family Planning Types of Contraceptives</p> <p>Contrast Effectiveness of Various Contraceptives</p> <p>Label and Explain Primary Function of Various Organs in the Male and Female Reproductive Systems</p> <p><u>Related Vocabulary</u> long term goals short term goals hormonal methods ovulation ovary fallopian tubes uterus intrauterine device (IUD) abstinence vas deferens vasectomy tubal ligation sterilization contraceptives</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>

Teenage Pregnancy and Contraceptive Methods (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p> <u>Related Vocabulary (continued)</u> testes semen estrogen progesterone sperm fertilization cervical cap condoms Fertility Awareness Methods NuvaRing contraceptive implant cervix vagina epididymis scrotum placenta ovaries contraceptive pill contraceptive shot contraceptive patch sponge diaphragm prostate gland </p>	

Sexually Transmitted Infections (STI)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Three Key Differences Between Viral Sexually Transmitted Infections (STIs) and Bacterial Sexually Transmitted Infections (STIs)</p> <p>Long-term Effects Specific STIs Have On the Human Body If Left Undiagnosed and Untreated</p> <p>Short-term and Long-term Physiological Effects</p> <p>Signs and Symptoms of Infection</p> <p>Bacterial Versus Viral Infections</p> <p><u>Related Vocabulary</u> high risk partner epidemic sexually transmitted infection herpes II Human Papilloma Virus jaundice sterility primary stage latent stage neurosyphilis Hepatitis B canker sore pathogen pelvic inflammatory disease antibiotics chlamydia gonorrhea syphilis human immunodeficiency Virus (HIV) acquired immune deficiency syndrome (AIDS) asymptomatic</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>10.1.12.B - Evaluate factors that impact the body systems and apply protective/preventive strategies.</p> <p>10.1.12.E - Identify and analyze factors that influence the prevention and control of health problems.</p>

Illicit Substances and Abuse	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Classifications of Illicit Drugs and Their Impact on Personality</p> <p>Correlation of Crime and Violence to Drug Use</p> <p>Social Impact Substance Abuse Has on the Individual, Family and Society</p> <p><u>Related Vocabulary</u> depressant stimulant anabolic steroids hallucinogens club drugs inhalants marijuana narcotics prescription drugs Ecstasy (MDMA) gamma-Hydroxybutyric acid (GHB) ketamine rohypnol heroin morphine codeine opium hashish and hashish oil phencyclidine (PCP) hallucinogenic mushrooms dextromethorphan (DXM) lysergic acid diethylamide (LSD) barbiturates cocaine</p>	<p>10.1.10.A - Evaluate factors that impact growth and development during adulthood and late adulthood.</p> <p>10.1.12.B - Evaluate factors that impact the body systems and apply protective/preventive strategies.</p> <p>10.1.12.D - Evaluate issues relating to the use/non-use of drugs.</p> <p>10.3.12.A - Assess the personal and legal consequences of unsafe practices in the home, school or community.</p> <p>10.3.12.C - Analyze the impact of violence on the victim and surrounding community.</p>

<p>Illicit Substances and Abuse (continued)</p>	
<p>CONTENT/KEY CONCEPTS</p>	<p>OBJECTIVES/STANDARDS</p>
<p><u>Related Vocabulary (continued)</u> methamphetamine amphetamine detoxification recovery intervention relapse inpatient treatment outpatient treatment halfway house support group</p>	

Conflict Resolution/Violence	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Types of Conflicts and Methods of Resolving Conflicts	10.2.9.D - Analyze and apply a decision-making process to adolescent health and safety issues.
Relationship Between Harassment and School Violence	10.2.12.E - Analyze the interrelationship between environmental factors and community health.
Impact of Violence On the Victim and Surrounding Community	10.3.9.C - Analyze and apply strategies to avoid or manage conflict and violence during adolescence.
Correlation Between Harassment and Teen Suicide Rates	10.3.12.C - Analyze the impact of violence on the victim and surrounding community.
<u>Related Vocabulary</u> bullying sexual harassment cyber bullying zero tolerance policy diversity conflict resolution peer mediation social networking	

First Aid	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Emergency Action Steps</p> <p>CPR Procedures</p> <p>Knowing the Vitals of the Victim</p> <p><u>Related Vocabulary</u> universal precautions check, call, care cardiopulmonary resuscitation(CPR) conscious choking unconscious choking recovery position rescue breaths chest compressions automated external defibrillator (AED)</p>	<p>10.3.9.B - Describe and apply strategies for emergency and long-term management of injuries.</p> <p>10.3.12.B - Analyze and apply strategies for the management of injuries.</p> <p>10.3.12.C - Analyze the impact of violence on the victim and surrounding community.</p> <p>Students will be able to demonstrate and/or articulate emergency action steps through CPR/AED.</p> <p>Automated external defibrillators can help save lives during sudden cardiac arrest. Ventricular Fibrillation (when the heart quivers instead of pumping due to disorganized electrical activity in the ventricles. It is a type of cardiac arrhythmia) and Ventricular Tachycardia (a fast, abnormal heart rate. It starts in your heart's lower chambers, called the ventricles. VT is defined as 3 or more heartbeats in a row, at a rate of more than 100 beats a minute. If VT lasts for more than a few seconds at a time, it can become life-threatening). The AED delivers a shock that disrupts the irregular heart activity.</p> <p>CPR should be started as soon as possible until an AED is available. These AED steps should be used when caring for a non-breathing child aged 8 or older who weighs more than 55 pounds, or an adult.</p> <p>After checking the scene and ensuring that the person needs help, you should ask a bystander to call 911 for help, then:</p> <ol style="list-style-type: none"> 1. Turn on the AED and follow the visual and/or audio prompts. 2. Open the person's shirt and wipe his or her bare chest dry. If the person is wearing any medication patches, you should use a gloved (if possible) hand to remove the patches before wiping the person's chest. 3. Attach the AED pads, and plug in the connector (if necessary). 4. Make sure no one is, including you, touching the person. Tell everyone to "stand clear." 5. Push the "analyze" button (if necessary) and allow the AED to analyze the person's heart rhythm. 6. If the AED recommends that you deliver a shock to the person, make sure that no one, including you, is touching the person – and tell everyone to "stand clear." Once clear, press the "shock" button. 7. Begin CPR after delivering the shock. Or, if no shock is advised, begin CPR. Perform 2 minutes (about 5 cycles) of CPR and continue to follow the AED's prompts. If you notice obvious signs of life, discontinue CPR and monitor breathing for any changes in condition.

Pregnancy and Parenting	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
School Dropout Rates Due to Teen Pregnancy	10.1.12.A - Evaluate factors that impact growth and development during adulthood and late adulthood.
Divorce Rates for Marriages Due to Pregnancy	10.1.12.B - Evaluate factors that impact the body systems and apply protective/preventive strategies.
Abortion Law and Rates	10.1.12.C - Analyze factors that impact nutritional choices of adults.
Positives of Adoption	10.1.12.D - Evaluate issues relating to the use/non-use of drugs.
Teen Marriage Positives and Negatives	10.1.12.E - Identify and analyze factors that influence the prevention and control of health problems.
Unemployment, the Economy, and Pregnancy	10.2.12.A - Evaluate health care products and services that impact adult health practices.
Age Relationship to Poverty Rates and Pregnancy	10.2.12.B - Assess factors that impact adult health consumer choices.
Welfare, Public Assistance, Societal Cost, and Unintended Pregnancy	10.2.12.C - Compare and contrast the positive and negative effects of the media on adult personal health and safety.
Single Parenthood Statistics	10.2.12.D - Examine and apply a decision-making process to the development of short and long-term health goals.
Society Impact From Unintended Pregnancies	10.2.12.E - Analyze the interrelationship between environmental factors and community health.
Abuse and Domestic Violence	
Public Service Announcement--How to Help Teens Make Informed Decisions	
Negative Impact of Unintended Pregnancy and Stress	

Pregnancy and Parenting (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p><u>Related Vocabulary</u> teen pregnancy abortion adoption marriage single parenthood abstinence poverty welfare communication I statements public service announcements</p>	

Safe Dating and Dating Violence	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Identifying Unhealthy Relationships	10.1.12.D - Evaluate issues relating to the use/non-use of drugs.
Examining Personal Relationships	10.1.12.E - Identify and analyze factors that influence the prevention and control of health problems.
Positive vs. Negative Relationships	10.2.12.C - Compare and contrast the positive and negative effects of the media on adult personal health and safety.
How to Manage an Unhealthy Relationship	10.2.12.D - Examine and apply a decision-making process to the development of short and long-term health goals.
Measures to Take to Correct an Unhealthy Relationship	10.2.12.E - Analyze the interrelationship between environmental factors and community health.
The Relationship Between Drugs, Alcohol, and Substance Abuse in Unhealthy Dating Relationships	10.3.12.A - Assess the personal and legal consequences of unsafe practices in the home, school or community.
Understanding Why a Person Commits Sexual Assault and Rape	
Local Resources for Preventing and Dealing With Violent Relationships	
Student Development of Resources to Prevent Dating Violence and Date Rape	
Cell Phones, Computers, Texting, Sexting, Online Safety	
Date Rape Drugs	

Safe Dating and Dating Violence (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p><u>Related Vocabulary</u></p> <ul style="list-style-type: none"> rape abuse advocate power control texting sexting social networks substance abuse harassment communication proactive prevention assertive rohyponol gamma-Hydroxybutyric acid (GHB) date rape drugs recreational drug alcohol victim perpetrator 	

Aids and HIV	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Physical Effects of HIV/AIDS	10.1.9.A - Analyze factors that impact growth and development between adolescence and adulthood.
Psychological Effects of HIV/AIDS	10.1.12.A - Evaluate factors that impact growth and development during adulthood and late adulthood.
Population Affected By HIV/AIDS	10.1.12.B - Evaluate factors that impact the body systems and apply protective/preventive strategies.
Prevention of HIV/AIDS	10.1.12.C - Analyze factors that impact nutritional choices of adults.
Worldwide Pandemic Nature of AIDS	10.1.12.D - Evaluate issues relating to the use/non-use of drugs.
ADA and Laws Preventing Unfair Labor Practices	10.1.12.E - Identify and analyze factors that influence the prevention and control of health problems.
Fears and Myths Associated With HIV/AIDS	
Stages of HIV/AIDS and Death	
<u>Related Vocabulary</u> HIV—human immunodeficiency virus AIDS--acquired immunodeficiency syndrome bias and prejudice Americans with Disabilities Act asymptomatic symptomatic T cell B cell white blood cell red blood cell AIDS OI's -AIDS opportunistic illnesses anti-viral medication pandemic epidemic communicable abstinence condom IV drug use	

Communicable and Non-Communicable disease	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Distinguishing Between Fact and Opinion While Using the Internet as a Tool for Health Information</p> <p>Researching the Family Tree and What Disease has Affected Your Family</p> <p>Skills That Assist in Preventing Disease Transmission</p> <p>Statistical Data on Disease Geographical Location</p> <p><u>Related Vocabulary</u> communicable non-communicable transmission prevention genetics risk factors blood pressure cholesterol cancer treatment</p>	<p>10.1.12.A - Evaluate factors that impact growth and development during adulthood and late adulthood.</p> <p>10.1.12.E - Identify and analyze factors that influence the prevention and control of health problems.</p> <p>10.2.12.A - Evaluate health care products and services that impact adult health practices.</p> <p>10.2.12.B - Assess factors that impact adult health consumer choices.</p> <p>10.2.12.C - Compare and contrast the positive and negative effects of the media on adult personal health and safety.</p> <p>10.2.12.D - Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>10.2.12.E - Analyze the interrelationship between environmental factors and community health.</p>

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