

Title: Health

Grade Level(s): 9th

Key Learning: Provide an introduction to the transition from adolescence to adulthood through the perspective of personal health.

Standards	Content (What the Student Will Know)	Performance (What the Student will Do)	Essential Questions	Activities
	<i>Body Systems</i>			
10.1.9 B	<ul style="list-style-type: none"> • Nervous • Muscular • Integumentary • Urinary • Endocrine • Reproductive • Immune • Cardiovascular • Digestive • Lymphatic • Renal 	<ul style="list-style-type: none"> • Analyze the interdependence among the body's systems. 	<ul style="list-style-type: none"> • What role does each body system play in maintaining life? • How do various body systems interact with each other to perform voluntary and involuntary functions? • What complications can arise in if a body system is not operating to full capacity? 	<ul style="list-style-type: none"> • Nervous system • Muscular system • Integumentary system • Urinary system • Endocrine system • Reproductive system • Immune system • Cardiovascular system • Digestive system • Lymphatic system • Renal system • Cell • Voluntary action • Involuntary action
	<i>Nutrition</i>			
10.1.9 C 10.2.9 B	<ul style="list-style-type: none"> • Body Image 	<ul style="list-style-type: none"> • Determine the factors that cause a person to develop a personal body image. 	<ul style="list-style-type: none"> • How does a person establish a self-body image? • What impact can a person's body image have on their overall health? 	<ul style="list-style-type: none"> • Anxiety • Appearance • Body Image • Dieting • Eating disorder • Ideal • Inferior

				<ul style="list-style-type: none"> • Obsession • Puberty • Self-esteem • Self-perception
	<ul style="list-style-type: none"> • Eating Disorders 	<ul style="list-style-type: none"> • Analyze the impact an eating disorder can have a person's nutritional choices. 	<ul style="list-style-type: none"> • How is an individual's nutritional choices and dieting habits affected when suffering from an eating disorder? • What is the overall impact on a person's health when living with an eating disorder? 	<ul style="list-style-type: none"> • Anorexia nervosa • Bulimia nervosa • Binge • Purge • Laxative
	<ul style="list-style-type: none"> • Dietary Guidelines 	<ul style="list-style-type: none"> • Determine what the dietary guidelines are for individuals across various demographics. • Analyze the factors that impact meeting the dietary guidelines. 	<ul style="list-style-type: none"> • What are the recommendations for consumption of each of the five food groups based upon demographics of the population? • What factors impact a person's ability to meet the dietary guidelines? 	<ul style="list-style-type: none"> • Vegetables • Fruits • Grains • Protein • Dairy • Oils • Sugars • Alcohol • Dietary Fiber • Vitamins • Minerals
	<ul style="list-style-type: none"> • Advertising 	<ul style="list-style-type: none"> • Determine the role advertising has on our nutritional choices. 	<ul style="list-style-type: none"> • What impact does advertising have on the personal nutrition choices? 	<ul style="list-style-type: none"> • Hype • Product placement • Slogan
	<ul style="list-style-type: none"> • Nutrition for athletes 	<ul style="list-style-type: none"> • Analyze the various factors exercise/sport demands play in adequate nutrition for an adolescent athlete? 	<ul style="list-style-type: none"> • How do the various physical demands of a sport impact the nutritional requirements of an athlete? 	<ul style="list-style-type: none"> • Nutrient density • Moderate intensity activity • Vigorous intensity activity • Hydration • Carbohydrate loading • Exercise economy

	Substance Use			
10.1.9 D 10.2.9 B	<ul style="list-style-type: none"> Decision-making/Refusal skills 	<ul style="list-style-type: none"> Examine refusal strategies for adolescents and substance use. Explore techniques for situation avoidance to reduce the opportunities of encountering peer pressure for substance use. 	<ul style="list-style-type: none"> What are the components of refusal skills for peer pressure? How can adolescents avoid situations with a high prevalence of peer pressure and substance abuse? 	<ul style="list-style-type: none"> Body language NO
	<ul style="list-style-type: none"> Assistance and Support Options 	<ul style="list-style-type: none"> Analyze the role various personal and community support opportunities can play in the management of substance abuse issues. Examine the professional options that exist for adolescent and adults struggling with substance use. 	<ul style="list-style-type: none"> What services does a rehabilitation or support group provide to those with substance abuse issues? What professional services are available for those who have substance abuse issues? 	<ul style="list-style-type: none"> Alcoholics Anonymous Ala-teen Narc-anon Behavioral therapy Supportive therapy Enabling Detoxification
	Diseases and Prevention			
10.1.9 E 10.2.9 A 10.2.9 B	<ul style="list-style-type: none"> Genetic Factors for Disease 	<ul style="list-style-type: none"> Analyze the role genetic factors play in health maintenance and disease prevention. 	<ul style="list-style-type: none"> What genetic factors increase the likelihood of development for certain diseases? 	<ul style="list-style-type: none"> Dominant Recessive Mutation Genetic predisposition Allele Heterozygous Homozygous Genotype Phenotype
	<ul style="list-style-type: none"> Lifestyle Behaviors 	<ul style="list-style-type: none"> Determine lifestyle behaviors that have a positive or negative effect on overall health? 	<ul style="list-style-type: none"> What lifestyle choices can have a positive impact on disease prevention? 	<ul style="list-style-type: none"> Active Sedentary Substance abuse Addict

			<ul style="list-style-type: none"> • What lifestyle choices increase the likelihood of disease development or contracting a disease? 	
	<ul style="list-style-type: none"> • Abstinence 	<ul style="list-style-type: none"> • Examine the role abstinence can play in reducing the transmission of diseases or unplanned pregnancy. 	<ul style="list-style-type: none"> • What is the impact abstinence can have on preventing disease transmission and unplanned pregnancy? 	<ul style="list-style-type: none"> • Abstinence
	<ul style="list-style-type: none"> • STD and HIV Prevention 	<ul style="list-style-type: none"> • Examine the effectiveness of various methods on the prevention of STD and HIV prevention. 	<ul style="list-style-type: none"> • What prevention methods exist for STD and HIV prevention? • What is the effectiveness of each method for STD and HIV prevention? 	<ul style="list-style-type: none"> • Human immunodeficiency virus • Acquired immunodeficiency syndrome • Sexually transmitted disease
	<i>Environmental Health</i>			
10.2.9 E	<ul style="list-style-type: none"> • Environmental disease prevention 	<ul style="list-style-type: none"> • Analyze the impact the ozone layer and greenhouse emissions have on the development of cancer. • Analyze the impact air pollution has on air quality and the risk of respiratory disease. 	<ul style="list-style-type: none"> • How do ozone levels impact the development of certain types of cancer? • How does air quality impact an individual's respiratory health and risk of develop a respiratory disease? 	<ul style="list-style-type: none"> • Ozone • Respiratory disease • Air quality index • Upper respiratory tract
	<ul style="list-style-type: none"> • Vector-borne illness 	<ul style="list-style-type: none"> • Analyze the impact environmental factors have on the spread of vector-borne illness. 	<ul style="list-style-type: none"> • What are common vector-borne illnesses? • How can the risk factors for vector-borne disease transmission be reduced? 	<ul style="list-style-type: none"> • Vector
	<i>Safety and Injury Prevention</i>			

<p>10.2.9 C 10.2.9 D 10.3.9 A 10.3.9 B 10.3.9 D</p>	<ul style="list-style-type: none"> Personal safety in the home, school, and community 	<ul style="list-style-type: none"> Identify potential hazards for injury in the home, school, and community. Establish procedures for safety in the home, school, and community. 	<ul style="list-style-type: none"> What potential hazards exist or could arise in the home, schools, or surrounding community? What steps should be taken to ensure safety or to prevent injury in the home, school, or the surrounding community? 	<ul style="list-style-type: none"> Electrocution Carbon monoxide Self-protection Protective equipment
	<ul style="list-style-type: none"> Personal safety during physical activity 	<ul style="list-style-type: none"> Analyze the importance of physical boundaries, body control and spatial relationship for injury prevention during physical activity. 	<ul style="list-style-type: none"> How does the interrelationship of understanding physical boundaries, controlling body movements and spatial awareness reduce the occurrence of injury in physical activity? 	<ul style="list-style-type: none"> Spatial awareness Center of gravity Body control
	<ul style="list-style-type: none"> Emergency and Injury Management 	<ul style="list-style-type: none"> Apply first-aid skills to manage emergency and injury situations. Apply the methods of cardiopulmonary resuscitation for emergency situations. Apply the skills to care for a choking victim. 	<ul style="list-style-type: none"> What techniques should be utilized to care for an individual in need of first-aid care? What is the procedure for providing cardiopulmonary resuscitation? What is the procedure for assisting a choking victim? 	<ul style="list-style-type: none"> Anaphylaxis Brace Sling Roller bandage Splint Compression Personal Protective Equipment Gauze Defibrillator
	<p><i>Conflict Resolution</i></p>			
<p>10.3.9 A 10.3.9 C</p>	<ul style="list-style-type: none"> Conflict Management 	<ul style="list-style-type: none"> Analyze strategies to manage conflict of various sources and in different environments. 	<ul style="list-style-type: none"> What techniques exist for conflict avoidance? What techniques can individuals employ to manage conflict in various settings? 	<ul style="list-style-type: none"> Effective negotiation

	<ul style="list-style-type: none"> Behavior Management 	<ul style="list-style-type: none"> Analyze and apply strategies to regulate behavior during conflict. 	<ul style="list-style-type: none"> What behavior styles can be observed during a conflict? How can a person manage their behavior during a conflict? 	<ul style="list-style-type: none"> Aggressive behavior Passive behavior Assertive behavior Passive-aggressive behavior Problem solving
	<ul style="list-style-type: none"> Interpersonal communication 	<ul style="list-style-type: none"> Identify and describe techniques that can enhance interpersonal communication. 	<ul style="list-style-type: none"> How can the use of positive communication prevent or mitigate conflicts? 	<ul style="list-style-type: none"> Active listening
	<i>Growth and Development</i>			
10.1.9 A 10.1.9 E 10.2.9 A	<ul style="list-style-type: none"> Relationships 	<ul style="list-style-type: none"> Describe the components of a healthy relationship. 	<ul style="list-style-type: none"> What are the components of a healthy relationship? 	<ul style="list-style-type: none"> Respect Honesty Trust Open communication
	<ul style="list-style-type: none"> Personal health risk factors 	<ul style="list-style-type: none"> Analyze risk factors that impact growth, development, and personal safety 	<ul style="list-style-type: none"> What health risk factors can impact growth and development from adolescence to adulthood? 	<ul style="list-style-type: none"> Intentional injuries Unintentional injuries Self-harm Suicide
	<ul style="list-style-type: none"> Personal Health Care 	<ul style="list-style-type: none"> Examine and identify personal care items for health maintenance or improvement. Identify and describe the basic coverage of a health care plan. 	<ul style="list-style-type: none"> What personal care products exist for health maintenance or improvement? What are the basic coverages of a health care policy? 	<ul style="list-style-type: none"> Hygienic products Health insurance Deductible