

**Title: Health**

**Grade Level(s): 11<sup>th</sup>**

**Key Learning:** Provide a thorough investigation into the transition from adolescence to adulthood through the perspective of personal health to increase the opportunity of lifetime well-being.

Standards	Content (What the Student Will Know)	Performance (What the Student will Do)	Essential Questions	Activities
	<i>Nutrition</i>			
10.1.12 C 10.2.12 B	<ul style="list-style-type: none"> <li>• Consumer Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Analyze options for personal nutrition choices.</li> <li>• Understand how to read nutrition fact labels and ingredient lists.</li> <li>• Evaluate diet plans for safety and effectiveness.</li> </ul>	<ul style="list-style-type: none"> <li>• How can I determine if a food or nutritional item is a healthy option?</li> <li>• What information is provided on a nutrition fact label and ingredient list that can help a consumer determine if a product is healthy?</li> <li>• How do the food options of a diet plan meet the nutritional requirements of a healthy individual?</li> </ul>	<ul style="list-style-type: none"> <li>• Fraud</li> <li>• Infomercial</li> <li>• Testimonial</li> <li>• Endorsement</li> </ul>
	<ul style="list-style-type: none"> <li>• Nutritional Planning</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluate the requirements of preparing a nutritious personal diet plan.</li> </ul>	<ul style="list-style-type: none"> <li>• What are the time requirements of meal planning and preparation?</li> <li>• What are the basic skills required to create a meal plan and preparation of those food items?</li> </ul>	<ul style="list-style-type: none"> <li>• Fad diet</li> <li>• My Plate</li> <li>• Essential nutrients</li> </ul>
	<ul style="list-style-type: none"> <li>• Meeting nutritional demands</li> </ul>	<ul style="list-style-type: none"> <li>• Analyze factors that impact nutritional demands (age, activity level, life events)</li> </ul>	<ul style="list-style-type: none"> <li>• What foods provide nutrient-dense options from each of the food groups?</li> </ul>	<ul style="list-style-type: none"> <li>• Carbohydrates</li> <li>• Fats</li> <li>• Protein</li> <li>• Vitamins</li> <li>• Minerals</li> <li>• Saturated fat</li> <li>• Unsaturated fat</li> </ul>

				<ul style="list-style-type: none"> <li>• Dietary fiber</li> <li>• Calorie</li> </ul>
	<b><i>Substance Use</i></b>			
10.1.12 D	<ul style="list-style-type: none"> <li>• Addiction</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluate the physiological cause of addiction.</li> </ul>	<ul style="list-style-type: none"> <li>• What are the risk factors for developing a substance addiction?</li> <li>• What occurs at the physiological and psychological level for an individual with substance addiction?</li> </ul>	<ul style="list-style-type: none"> <li>• Dependence</li> <li>• Addict</li> <li>• Substance abuse</li> <li>• Craving</li> <li>• Serotonin</li> <li>• Dopamine</li> <li>• Norepinephrine</li> <li>• Glutamate</li> <li>• Gamma-aminobutyric acid (GABA)</li> <li>• Endogenous opioids</li> </ul>
	<ul style="list-style-type: none"> <li>• Fetal Development</li> </ul>	<ul style="list-style-type: none"> <li>• Analyze and identify the fetal abnormalities that can occur as a result of substance use during pregnancy.</li> </ul>	<ul style="list-style-type: none"> <li>• What complications and abnormalities can occur with a developing fetus if substances are used during pregnancy?</li> </ul>	<ul style="list-style-type: none"> <li>• Trimester</li> <li>• Birth defects</li> <li>• Premature birth</li> <li>• Neonatal intensive care unit</li> </ul>
	<ul style="list-style-type: none"> <li>• Laws/Regulations</li> </ul>	<ul style="list-style-type: none"> <li>• Examine the legislation surrounding various substances.</li> </ul>	<ul style="list-style-type: none"> <li>• What is the legislation at the local, state, and national level regarding the use, possession, distribution, or production of various substances?</li> </ul>	<ul style="list-style-type: none"> <li>• Possession</li> <li>• Intent to distribute</li> <li>• Summary offense</li> <li>• Misdemeanor</li> <li>• Felony</li> </ul>
	<ul style="list-style-type: none"> <li>• Individual Impact</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the short- and long-term effects various substances can have on an individual's health.</li> </ul>	<ul style="list-style-type: none"> <li>• What are the legal, personal, and health consequences related to the use of various substances?</li> </ul>	<ul style="list-style-type: none"> <li>• Relapse</li> <li>• Overdose</li> <li>• Abuse</li> <li>• Addiction</li> <li>• Drug-related neurological disease</li> </ul>
	<ul style="list-style-type: none"> <li>• Community Impact</li> </ul>	<ul style="list-style-type: none"> <li>• Analyze the impact substance abuse and</li> </ul>	<ul style="list-style-type: none"> <li>• How does the existence of substance use and</li> </ul>	<ul style="list-style-type: none"> <li>• Crime rate</li> <li>• Drug-related violence</li> </ul>

		distribution has on a community.	distribution impact life at the community level?	<ul style="list-style-type: none"> <li>• Turf wars</li> </ul>
	<b>Health Care</b>			
10.1.12 E 10.2.12 A 10.2.12 B 10.2.12 C	<ul style="list-style-type: none"> <li>• Health Care Coverage</li> </ul>	<ul style="list-style-type: none"> <li>• Identify government policies and regulations regarding personal health care coverage.</li> <li>• Evaluate the impact of health care on adolescent health care practices.</li> <li>• Assess factors that impact health care choices.</li> </ul>	<ul style="list-style-type: none"> <li>• What are the government policies and regulations regarding coverage in a health care plan?</li> <li>• What impact does a health care plan have on an adolescent's health care practices?</li> <li>• What options exist for choosing a health care plan?</li> </ul>	<ul style="list-style-type: none"> <li>• Allowable charge</li> <li>• Benefits</li> <li>• Claim</li> <li>• Cobra</li> <li>• Coinsurance</li> <li>• Copayment</li> <li>• Deductible</li> <li>• Health maintenance organization (HMO)</li> <li>• In-network provider</li> <li>• Medicaid</li> <li>• Medicare</li> <li>• Out-of-network provider</li> <li>• Out-of-pocket expenses</li> <li>• Pre-existing condition</li> <li>• Preferred provider organization (PPO)</li> <li>• Premium</li> </ul>
	<ul style="list-style-type: none"> <li>• Accessing Health Information</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluate credible resources concerning personal health and well-being.</li> </ul>	<ul style="list-style-type: none"> <li>• What constitutes a credible resource for gaining information about health and well-being?</li> <li>• What credible options exist for gaining information about health and health-related materials?</li> </ul>	<ul style="list-style-type: none"> <li>• Credible resource</li> <li>• Independent study</li> <li>• Independent lab testing</li> <li>• Peer-reviewed article</li> </ul>
	<ul style="list-style-type: none"> <li>• Media and Health Care Products</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluate the impact media has on personal health concerns.</li> </ul>	<ul style="list-style-type: none"> <li>• What are the positive and negative effects of the messages received from the media regarding health-related products and personal health?</li> </ul>	<ul style="list-style-type: none"> <li>• Propaganda</li> <li>• Customer testimonials</li> <li>• Endorsements</li> </ul>

	<ul style="list-style-type: none"> <li>• Advancement and Technology in Health Care</li> </ul>	<ul style="list-style-type: none"> <li>• Analyze the impact advancements in medical and health care technology have on the prevention and control of health-related problems.</li> </ul>	<ul style="list-style-type: none"> <li>• What are the most recent advancements in medical and health care technology?</li> <li>• What are the possible benefits of the advancements in health field at the personal health level?</li> </ul>	<ul style="list-style-type: none"> <li>• Basic Research</li> <li>• Clinical Research</li> <li>• Epidemiological Research</li> </ul>
	<b><i>Environmental Health</i></b>			
10.2.12 E	<ul style="list-style-type: none"> <li>• Community/recreational health opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• Examine the interrelationship between recreational opportunities in a community and personal health status.</li> <li>• Analyze the impact recreational opportunities in a community can have on environmental factors.</li> </ul>	<ul style="list-style-type: none"> <li>• How do opportunities for recreation in a community enhance the community and individual health?</li> <li>• How do numerous recreational opportunities impact the health of the community and environment?</li> </ul>	<ul style="list-style-type: none"> <li>• Greenbelt</li> <li>• Community access</li> <li>• Recreation area</li> </ul>
	<ul style="list-style-type: none"> <li>• Environmental impact on overall well-being</li> </ul>	<ul style="list-style-type: none"> <li>• Analyze the impact personal choices have on the environment.</li> <li>• Evaluate how the maintenance of the environment impacts personal well-being</li> </ul>	<ul style="list-style-type: none"> <li>• How does our daily lifestyle impact the environment?</li> <li>• How does the health of the environment impact our overall well-being?</li> <li>• What health conditions can develop as a result of environmental factors?</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce</li> <li>• Reuse</li> <li>• Recycle</li> <li>• Air pollution</li> <li>• Air Quality Index</li> <li>• Environmental Protection Agency</li> </ul>
	<b><i>Safety and Injury Prevention</i></b>			
10.3.12 A 10.3.12 B 10.3.12 C	<ul style="list-style-type: none"> <li>• CPR</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the purpose of cardiopulmonary resuscitation.</li> <li>• Develop the necessary life-saving skills to successfully perform cardiopulmonary resuscitation.</li> </ul>	<ul style="list-style-type: none"> <li>• How does cardiopulmonary resuscitation increase the likelihood of survival?</li> <li>• What is the procedure for administering cardiopulmonary resuscitation for child and adult victims?</li> </ul>	<ul style="list-style-type: none"> <li>• Cardiopulmonary resuscitation</li> <li>• Chest compression</li> <li>• Hands-only</li> <li>• Head-tilt chin-lift</li> <li>• Rescue breath</li> </ul>

	<ul style="list-style-type: none"> <li>Advanced First-Aid</li> </ul>	<ul style="list-style-type: none"> <li>Develop the necessary life-saving skills to care for a variety of first-aid situations.</li> </ul>	<ul style="list-style-type: none"> <li>What are the procedures necessary for providing first-aid care in a variety of emergency situations?</li> </ul>	<ul style="list-style-type: none"> <li>Brace</li> <li>Sling</li> <li>Roller bandage</li> <li>Splint</li> <li>Compression</li> <li>Personal Protective Equipment</li> <li>Gauze</li> <li>Defibrillator</li> <li>Pulse</li> <li>Trauma</li> <li>Consciousness</li> </ul>
	<ul style="list-style-type: none"> <li>The Impact of Violence</li> </ul>	<ul style="list-style-type: none"> <li>Assess the impact violence has on those directly affected and the surrounding community.</li> </ul>	<ul style="list-style-type: none"> <li>What physical, mental, emotional, and social impact does violence have on an individual?</li> <li>What impact does violence have on the surrounding community?</li> </ul>	<ul style="list-style-type: none"> <li>Assault</li> <li>Aggravated assault</li> <li>Battery</li> <li>Domestic violence</li> </ul>
	<ul style="list-style-type: none"> <li>The Impact of Injury/Change of Lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>Assess the impact an injury or change in lifestyle can have on the overall well-being of an individual.</li> <li>Examine the role mental and emotional health play in managing a change in lifestyle as a result of injury or another behavior.</li> </ul>	<ul style="list-style-type: none"> <li>How can an injury impact a person's lifestyle resulting in a change in overall well-being?</li> <li>What role does mental and emotional health play in overall well-being as a result of an injury or a change in another lifestyle behavior?</li> </ul>	<ul style="list-style-type: none"> <li>Unintentional injury</li> </ul>
	<b><i>Growth and Development</i></b>			
10.1.12 A 10.1.12 B	<ul style="list-style-type: none"> <li>Acute Illness</li> </ul>	<ul style="list-style-type: none"> <li>Evaluate the impacts acute illness can have on growth and development throughout adulthood.</li> </ul>	<ul style="list-style-type: none"> <li>What impacts can an acute illness have on your health or lifestyle?</li> </ul>	<ul style="list-style-type: none"> <li>Acute illness</li> </ul>

	<ul style="list-style-type: none"> <li>Chronic Illness</li> </ul>	<ul style="list-style-type: none"> <li>Evaluate the impacts chronic illness can have on growth and development throughout adulthood.</li> </ul>	<ul style="list-style-type: none"> <li>What short-term effects can a chronic illness have on a person's health or lifestyle?</li> <li>What long-term effects can a chronic illness have on a person's health or lifestyle?</li> </ul>	<ul style="list-style-type: none"> <li>Chronic illness</li> </ul>
	<ul style="list-style-type: none"> <li>Communicable Disease</li> </ul>	<ul style="list-style-type: none"> <li>Evaluate health risk factors caused by the spread of communicable disease throughout adulthood.</li> </ul>	<ul style="list-style-type: none"> <li>What impacts can the spread of a communicable disease have on the growth and development of a person throughout adulthood?</li> </ul>	<ul style="list-style-type: none"> <li>Outbreak</li> <li>Endemic</li> <li>Epidemic</li> <li>Pandemic</li> </ul>
	<ul style="list-style-type: none"> <li>Non-communicable Disease</li> </ul>	<ul style="list-style-type: none"> <li>Analyze the impact non-communicable diseases can have on a person's health throughout adulthood.</li> </ul>	<ul style="list-style-type: none"> <li>How does a non-communicable disease impact growth and a person's lifestyle throughout adulthood?</li> </ul>	<ul style="list-style-type: none"> <li>Cardiovascular</li> <li>Cancer</li> <li>Respiratory</li> <li>Diabetes</li> </ul>
	<ul style="list-style-type: none"> <li>Aging</li> </ul>	<ul style="list-style-type: none"> <li>Analyze the role the aging process has on growth and development throughout adulthood.</li> </ul>	<ul style="list-style-type: none"> <li>What developmental steps occur throughout the aging process from adolescence through adulthood?</li> </ul>	<ul style="list-style-type: none"> <li>Cellular degeneration</li> <li>Life span</li> </ul>
	<ul style="list-style-type: none"> <li>Personal health risk factors</li> </ul>	<ul style="list-style-type: none"> <li>Analyze the risk factors for self-harm and suicide from the progression through late adolescence to adulthood.</li> <li>Identify personal and community resources for individuals who are contemplating self-harm or suicide or who have attempted either in the past.</li> </ul>	<ul style="list-style-type: none"> <li>What are the risk factors during late adolescence and adulthood for self-harm or suicide?</li> <li>What resources are available for late adolescence and adults who are contemplating or who have attempted self-harm or suicide?</li> </ul>	<ul style="list-style-type: none"> <li>Intentional injuries</li> <li>Self-harm</li> <li>Suicide</li> </ul>
	<b><i>Active for a Lifetime</i></b>			
10.2.12 D 10.3.12 D	<ul style="list-style-type: none"> <li>Goal-setting</li> </ul>	<ul style="list-style-type: none"> <li>Examine the impact the decision-making process can have on setting short- and long-term health goals.</li> </ul>	<ul style="list-style-type: none"> <li>How can goal-setting impact the decision-making process of short- and long-term health goals?</li> </ul>	<ul style="list-style-type: none"> <li>Specific</li> <li>Measurable</li> <li>Attainable</li> <li>Relevant</li> </ul>

				<ul style="list-style-type: none"> <li>• Time-bound</li> </ul>
	<ul style="list-style-type: none"> <li>• Lifetime Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluate the opportunities, benefits, risks, and safety factors of various lifetime activities.</li> <li>• Explore a variety of self-selected activities suitable for adults of various ages.</li> </ul>	<ul style="list-style-type: none"> <li>• What health benefits and risks exist within various lifetime activities?</li> <li>• What suitable lifetime activities are available based upon your interests?</li> </ul>	<ul style="list-style-type: none"> <li>• Lifetime activity</li> </ul>