

COMMUNITY UNIT SCHOOL DISTRICT 200

Health High School Intermediate Level - One Semester

- 1. Subject Expectation (State Goal 22)** **The student will understand principles of health promotion and the prevention and treatment of illness and injury.**

Essential Learning 1 (Learning Standard A)	Explain the basic principles of health promotion, illness prevention and safety
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- Critical Content 22.A.5a a. explain strategies for managing contagious, chronic and degenerative illness (e.g., various treatment and support systems)
- identify emergency situations relating to personal, home and work environments
 - respond and perform lifesaving skills of Community First Aid & CPR, such as:
 - infant, child and adult CPR
 - infant, child and adult rescue breathing
 - infant, child and adult conscious choking victim
 - infant, child and adult unconscious choking victim
 - treatment of musculoskeletal injuries (splinting: anatomical, soft, rigid) application of a sling
 - treatment and care for head, neck and back injuries
 - treatment and care for soft tissue injuries and burns
 - treatment and care for seizures and diabetic emergencies
 - treatment and care for poisoning, bites and stings
 - rescue moves for water and land environments
- 22.A.5b b. evaluate the effectiveness of health promotion and illness prevention methods using data from actual situations (e.g., impact of worksite health promotion programs).
- identify the five areas of wellness
 - physical
 - mental
 - social
 - emotional
 - spiritual
 - identify the steps of decision making process
 - state the situation
 - list possible choices
 - list consequences of each choice
 - make a decision and act

- evaluate your decision
- identify the specific content of lifestyle
 - health vs. unhealthy factors
 - not smoking
 - not drinking alcohol
 - balanced diet
 - weight management
 - self esteem
 - positive self-esteem
 - set and achieve goals
 - resist peer pressure
 - resist bullying
 - positive self-concept
 - character development
 - stress
 - eustress
 - distress
 - management of stress
 - fight or flight
 - relaxation techniques
 - stressors
 - defense mechanisms
 - mental disorders
 - personality disorders
 - phobias
 - mood disorders
 - psychosomatic disorders
 - depression
 - suicide
 - substance use and abuse
 - safe use of over the counters
 - legal and illicit drugs
 - addictions
 - dependency
 - treatment and recovery
 - human relationships
 - gender roles
 - friendships
 - dating
 - family
 - marriage/divorce
 - reproductive system
 - contraception
 - parenthood
 - sexually transmitted diseases
 - aging
 - death and dying

- 22.A.5c c. explain how health and safety problems have been altered by technology, media and medicine (e.g., product testing; control of polio; advanced surgical techniques; improved treatments for cancer, diabetes and heart disease; worksite

safety management)

- explain different internet sources that impact personal health
 - availability of medical information
 - on-line pharmacies
 - safety for internet contacts
 - on-line illegal drugs and paraphernalia
 - personal health inventories
- explain different media that impacts personal health
 - advertising of alcohol and tobacco productions
 - violence on television and movies
 - substance use on television and movies
 - music videos with explicit sex scenes
 - drug free campaigns
 - disease prevention public service announcements
 - news programs promoting healthy living
- explain how different medicines impact personal health
 - over prescribed drugs
 - accessibility of medicines
 - increase of anti-depressant use
 - addiction treatment
 - organ transplants
 - improved treatments for illnesses

Essential Learning 2 (Learning Standard B)

Describe and explain the factors that influence health among individuals and groups and communities
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| Critical Content | 22.B.5 | a. | analyze how public health policies, laws and the media function to prevent and control illness (e.g., product and food labeling, food safety and handling, school immunizations) <ul style="list-style-type: none">• explore different health policies, laws and media that impact prevention and control of illness<ul style="list-style-type: none">- school immunizations- hepatitis vaccine- chicken pox vaccine- antibacterial gel and cleaners- availability of prophylactics- OSHA standards for disease control- media drug free campaigns- disease prevention public service announcements- news programs promoting healthy living- food labeling guidelines |
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Essential Learning 3 (Learning Standard C)

Explain how the environment can affect health
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| Critical Content | 22.C.5 | a. | compare and contrast how individuals, communities and states prevent and correct health-threatening environmental problems (e.g., recycling, banning leaf burning, restaurant inspections, OSHA standards in the workplace) <ul style="list-style-type: none">• explore awareness of environmental issues |
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- community health
 - recycling programs
 - air pollution
 - acid rain
 - greenhouse effect
 - water pollution
 - oil spills
 - sun
 - toxic dumping
- identify solutions to environment problems
 - home conservation
 - home recycling
 - car pooling
 - energy saving
 - sunscreen developments
 - vehicle emissions testing

2. Subject Expectation (State Goal 23) The student will understand human body systems and factors that influence growth and development.

Essential Learning 1 (Learning Standard B)	Explain the effects of health-related actions on the body systems
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| Critical Content | 23.B.5 | <p>a. understand the effects of healthy living on individuals and their future generations (e.g., not using alcohol, tobacco, and other drugs during pregnancy)</p> <ul style="list-style-type: none"> • recognize how today’s choices influence future quality of life <ul style="list-style-type: none"> - healthy nutrition - limiting legal alcohol use - not smoking - no drugs during pregnancy - proper rest habits - avoidance of illegal substances - practice abstinence until marriage |
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Essential Learning 2 (Learning Standard C)	Describe factors that affect growth and development
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| Critical Content | 23.C.5 | <p>a. explain how the aging process affects body systems (e.g., vision, hearing, immune system)</p> <ul style="list-style-type: none"> • identify how the body is affected by aging <ul style="list-style-type: none"> - change in body system functions - change in body appearance - identify signs of male and female menopause |
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**3. Subject Expectation
(State Goal 24)**

The student will promote and enhance health and wellbeing through the use of effective communication and decision-making skills.

Essential Learning 1 (Learning Standard A)	Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict
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| Critical Content | 24.A.5 | a. compare and contrast strategies to prevent conflict and resolve differences <ul style="list-style-type: none">• analyze different methods of conflict resolution<ul style="list-style-type: none">- learning tolerance- accept and appreciate diversity- responding to conflict appropriately- assertively facing conflict- mediating a conflict- negotiation of conflict |
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Essential Learning 2 (Learning Standard B)	Apply decision-making skills related to the protection and promotion of individual health.
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| Critical Content | 24.B.5 | a. explain immediate and long-term impacts of health decisions to the individual, family and community <ul style="list-style-type: none">• identify immediate and long-term effects of personal health decisions<ul style="list-style-type: none">- addictions- sexually transmitted diseases- unplanned pregnancy- lack of goals• identify immediate and long-term effects of health decisions on the family<ul style="list-style-type: none">- divorce- family dysfunction- financial instability- lowered ability of parenting• identify immediate and long-term effects of health decisions on the community<ul style="list-style-type: none">- increase in health insurance- increased need for social services- need for food pantries and homeless shelters- increased number of emergency care centers |
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Essential Learning 3 (Learning Standard C)	Demonstrate skills essential to enhancing health and avoiding dangerous situations
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| Critical Content | 24.C.5 | a. evaluate progress toward the attainment of a health goal <ul style="list-style-type: none">• application of the decision making process, negotiation techniques and refusal skills<ul style="list-style-type: none">- identify proper decision making skills- demonstrate negotiating skills in peer-related situations |
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- identify refusal skill techniques for difficult situations
 - drugs, alcohol, tobacco use
 - sexual activity