

Orange Unified School District

HEALTH

Semester Course

GRADE LEVEL: Required in 9th Grade

PREREQUISITES: None

INTRODUCTION TO THE SUBJECT:

The ninth grade Health curriculum provides students with health information in order to examine their life styles, select goals, and make plans to achieve and maintain optimum health. This involves choosing behaviors that prevent illness/accidents, and promote health for oneself and others. Emphasis on responsible decision making, effective communication skills and acceptance of personal responsibility for lifelong health is incorporated throughout the course.

COURSE OBJECTIVES:

BY THE END OF THE COURSE THE STUDENT WILL BE ABLE TO:

Differentiate between health behaviors and risk behaviors in order to assess personal health and risk behaviors.

Design a health behavior contract.

Describe how to utilize or access community health resources.

Demonstrate the ability to gather and understand credible health information.

Demonstrate knowledge of various aspects of mental health to include characteristics of persons who are mentally healthy.

Understand the ways heredity, environment, culture and self-concept influence personality.

Describe healthful and harmful ways to express emotions including use of defense mechanisms and refusal skills.

Understand the effects of stress on health and how to cope with stress which accompanies adolescent growth and development including divorce and death.

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Formulate a philosophy of life that reflects personal values and goals.

Demonstrate a knowledge of mental and addictive disorders to include: types, causes and treatment of common mental and addictive disorders, warning signs of suicide, alcohol/drug abuse disease process and the effect on family, school and community.

Describe the causes and treatment of child abuse.

Demonstrate a knowledge of the physiology of the nervous system including brain research.

Identify decisions which promote a healthy lifestyle such as keeping physically fit, eating a proper diet, maintaining ideal weight, choosing to be tobacco free, and observing cancer warning signs.

Demonstrate a knowledge of the physiology and common problems of the cardiovascular, respiratory and digestive systems.

Keep a diet diary to evaluate your current diet against a sample nutritious diet.

Identify common diet foods, facts, fallacies and eating disorders.

Demonstrate an understanding of the human reproductive system including: structure and function of the male and female reproductive systems; human growth from conception to delivery and possible problems; development of gender roles and sexual orientation; responsible decision making related to sexual involvement; sexually transmitted diseases including HIV/AIDS with a focus on causes, symptoms, mode of transmission, and prevention and treatment.

Describe methods for reducing the risk of becoming a victim of sexual assault or rape.

Discuss effective parenting skills and their importance in child development.

Perform first aid measures to include treatment for a variety of emergency procedures such as the Heimlich method, rescue breathing and CPR, as well as other situations requiring first aid, for example, seizures and insulin reaction.

Identify common athletic injuries and methods for prevention and treatment

Note: Students are encouraged to become certified in first aid and/or CPR.

COURSE OVERVIEW AND APPROXIMATE UNIT TIME ALLOTMENTS:

<u>FIRST SEMESTER</u>	<u>WEEKS</u>
I. Making Healthy Choices	1
A. Developing a Trusting Environment	
B. Risk and Wellness Behaviors	
C. Identify and Use Creditable Health Information	
D. Goals and Values	
II. Mental Health	
A. Understanding the Brain and Nervous System	6
B. Characteristics of Good Mental Health	
C. Enhancing Self Esteem	
D. Recognizing and Coping with Stress	
E. Facing a Crisis	
1. Death and Dying	
2. Moving/Divorce	
F. Mental/Addictive Disorders and Recovery	
1. Type and Causes of Mental Disorders	
2. Suicide	
3. Substance Abuse and Chemical Dependency	
a. Progression of Addictive Behavior	
b. Effects on Life Style	
c. Treatment Options	
III. Social Health	2
A. Family Relationships	
1. Families Today	
2. Healthy Families	
3. Family Stress and Disorders	
B. Building Health Relationships	
1. Skills for Healthy Relationships	
2. Skills for Communication, Cooperation and Compromise	
3. Types of Relationships	
C. Preventing Violence	
1. What is violence?	
2. Develop and Use Skills to Avoid, Resolve and Cope With Conflicts	
3. Report or Obtain Assistance When Faced with Unsafe Situations	

- E. Interact Effectively with Different People Including Males And Females of Different Ethnic, Cultural and Special Need Groups
- IV. Physical Health 7
- A. Human Development
 - 1. Physiology of the Reproduction System
 - 2. Conception Through Birth
 - 3. Sexuality
 - 4. Teenage Pregnancy and Prevention
 - a. Refusal Skills
 - b. Responsible Dating
 - c. Behavior and Consequences
 - d. Parenting Skills
 - 5. Aging and Death
 - B. Nutrition
 - 1. Meeting your Nutritional Needs
 - a. Making Health Food Choices
 - b. Managing Your Weight
 - 2. Digestion and Excretion
 - C. Fitness
 - 1. Physiology of Cardiovascular and Muscular Systems
 - 2. Finding appropriate Exercise Programs
 - 3. Life Long Fitness Activities
 - D. Preventing Diseases
 - 1. Infectious Diseases
 - a. Nature and Development of Common Infectious Diseases
 - b. Our Body's Defenses Against Infection
 - 2. HIV/AIDS and Other Sexually Transmitted Diseases
 - 3. Non-Infectious Diseases
 - a. Cardiovascular Diseases
 - b. Cancer
 - c. Diabetes and Arthritis
- V. Safety and First Aid 2
- A. Preventing Injuries
 - B. Emergency Care
 - C. Designing a Home Emergency Response Plan

DATE OF CONTENT REVISION: April 2002

DATE OF BOARD APPROVAL: May 9, 2002