

## CURRICULUM MAP HIGH SCHOOL HEALTH

Week 1-2	Weeks 3-4	Weeks 5-6	Weeks 7-10	Weeks 11-13	Weeks 14-18
<p><b>NHE Standard 7</b> Knows how to maintain and promote personal health. <b>Indicator</b> - Understands the impact of personal health behaviors on the functioning of body systems.</p> <p><b>Wellness</b> <b>NHE Standard 1</b> Knows the availability and effective use of health services, products and information. <b>Indicator</b> - Knows situations that require professional health services in the areas of prevention, treatment and rehabilitation (e.g., persistent depression, prenatal and perinatal care, treatment or management of disease, alcohol or drug-related problems, neglect and child abuse).</p> <p><b>NHE Standard 5</b> Knows essential concepts and practices concerning injury prevention and safety.</p> <p><b>First Aid</b> 1. Describe first-aid priorities. 2. Describe first aid procedures and treatment for the following: bleeding, shock, respiratory failure, allergic reactions, diabetic disruptions, poisoning, bone and joint injuries, snake bites, head injuries, burns, and heat/cold injuries, convulsions, stroke, and heart attacks.</p> <p><b>CPR</b> 1 Explain the fundamentals of CPR and rescue breathing. 2. Explain the signs of a heart attack. 3. Explain the signs and treatment for choking for infant, children, and adult.</p> <p><b>Credit – 0.5</b> <b>Prerequisites – None</b> <b>Single-block</b> <b>One Semester</b></p>	<p><b>Cardiovascular and Respiratory</b> 1. Identify the factors outside of the body that affect the respiratory and cardiovascular system. 2. Trace the path of blood through the heart and the components of blood. 3. Identify blood types and healthy/unhealthy blood sugar and blood pressure levels. 4. Identify the parts of the heart and respiratory system. 5. Explain various types of heart surgery 6. Describe cardiovascular and respiratory disorders. 7. Explain preventative measures to protect the heart.</p>	<p><b>NHE Standard 4</b> Knows how to maintain mental and emotional health. <b>Indicators</b> Understands the role of denial as a negative influence on mental and emotional health, and ways to overcome denial and seek assistance when needed. Knows strategies for coping with and overcoming feelings of rejection, social isolation, and other forms of stress.</p> <p><b>NHE Standard 3</b> Understands the relationship of family health to individual health. <b>Indicator</b> - Understands the responsibilities inherent in dating relationships, marriage and parenthood.</p> <p><b>STDs and Infectious Diseases</b> 1. Identify the various STD's and infectious diseases, their signs and symptoms, and treatment. 2. Identify the agents of disease. 3. Identify vaccines and treatments of infectious diseases. 4. Describe the importance of STD prevention through abstinence.</p> <p><b>Reproductive System</b> 1. Describe the structure and function of the reproductive system. 2. Identify disorders of the reproductive system. 3. Understand the menstrual cycle and how to keep reproductive systems healthy. 4. Trace the development of the embryo/fetus and the physical and emotional changes during pregnancy. 5. Understand the birth/delivery process.</p>	<p><b>NHE Standard 7 Indicator</b> Understands the short and long-term consequences of safe, risky and harmful behaviors. <b>Alcohol</b> 1. Describe reasons why people use alcohol. 2. Describe the short-term and long-term effects of alcohol. 3. Define blood alcohol concentration and list factors that affect it. 4. Discuss legal risks with buying, selling, and using alcohol. 5. Describe the treatment of alcoholism. 6. Discuss effects of alcohol use on the fetus.</p> <p><b>Tobacco</b> 1. Describe reasons why people use or abstain from tobacco. 2. Describe the short-term and long-term effects of smoking, smokeless tobacco, and passive smoking. 3. Discuss the effects of tobacco use on the fetus. 4. Identify ways to help stop using tobacco.</p>	<p><b>NHE Standard 6</b> Understands essential concepts about nutrition and diet. <b>Indicators</b> – Understands how nutrient and energy needs vary in relation to gender, activity level and stage of life cycle. Understands the role of food additives and their relationship to health. Understands the reliability and validity of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, food labels). <b>Nutrition</b> 1. Identify the six functions of each one. 2. Name good sources of each nutrient. 3. Identify different foods on the food guide pyramid. 4. Demonstrate the ability to read food labels. 5. Describe eating disorders. 6. Demonstrate the ability to make nutritious food choices. <b>Digestive System</b> 1. Identify the organs and function of the digestive system. 2. Trace a piece of food through the digestive system. 3. Identify digestive disorders and discuss ways to avoid them.</p>	<p><b>NHE Standard 9</b> Understands aspects of substance use and abuse. <b>Indicator</b> - Knows the short and long-term effects associated with the use of alcohol, tobacco and other drugs on reproduction, pregnancy and the health of children. <b>Legal and Illegal Use of Drugs</b> 1. Identify use, misuse, and abuse of drugs. 2. Describe how various drugs affect the body. 3. Describe the social, family and personal factors that can lead to drug abuse. 4. Explain why abusing drugs does not solve social, family, or personal problems. 5. Identify strategies for avoiding drug use. 6. Locate community drug treatment centers.</p> <p style="text-align: right;"><b>11/17/05</b></p>

\*National Health Education Standards (1995)