



BOSTON LATIN SCHOOL

Department of Physical Education

2014-15

COURSE Health

COURSE DESCRIPTION

Health Education Class V and Class III

The course is designed to promote the physical, mental, and social well-being of the individual. Areas of study include: structure and function of body systems, physical fitness, communicable and non-communicable diseases, nutrition, environmental health, mental health, stress, first aid, sex education, alcohol, tobacco and other drugs. Students are also given opportunities to explore their own feelings and values with an emphasis on making responsible health choices now and in the future. Guest Speakers will also make presentations to the students.

Health Education coursework will focus on educating students to practice health-enhancing behaviors and reduce health risks. As a result of the curriculum, students will gain the necessary tools needed to:

1. Maintain a healthy body.
2. Reduce potential health risk factors.
3. Make educated decisions about health and wellness activities.
4. Share their knowledge with others.

Health Education Topics

I Principles of Physical Fitness and Nutrition

- A. Integumentary, skeletal and muscular systems
- B. Importance of and forms of exercise
- C. Cardiovascular and respiratory systems
- D. Dietary discipline

II Medicines and Drugs

- A. Addiction, physical and psychological
 1. Tobacco
 2. Alcohol
 3. Illicit drugs
 4. Prescription drugs
 5. Performance enhancers
- B. Effects on integumentary, skeletal, muscular, cardiovascular, respiratory, nervous, digestive, and reproductive systems

III Mental and Emotional Health

- A. Stress and stress management
- B. Family and relationships
- C. Adolescent development
- D. Abusive relationships

IV Safety and First Aid

- A. Home safety
- B. Automobile and travel safety
- C. Accident avoidance
- D. First aid
- E. CPR and AED administration

V Sexuality

- A. Abstinence
- B. Birth control
- C. Sexually transmitted diseases
- D. Influence of alcohol and drugs
- E. Sexual abuse

ESSENTIAL QUESTIONS

- What types of healthy foods should we eat?
- What are the important food groups?
- Why is it important to maintain a balance diet?
- How do the cardiovascular and respiratory systems work?
- How does the digestion system work?
- Discuss why alcohol and drugs can be dangerous to your body.
- Discuss the importance of abstinence.

POWER STANDARDS

Standard 1: Physical Activity and Fitness

Students will demonstrate by repeated practice, the ability to acquire and refine a variety of manipulative, locomotor, and non-locomotor movement skills, utilize principles of training and conditioning, learn biomechanics and exercise physiology, and apply the concept of wellness to their lives.

CLASS V

- Benefits of physical activity
- Risks of inactivity
- Weight control
- Elements of fitness (muscle strength, flexibility, measuring the elements, improving fitness)
- Aerobic and anaerobic exercise

CLASS III

- Setting goals
- Choosing activities
- Monitoring progress
- Training program
- Hydration
- Rest
- Nutrition
- Avoiding harmful substances
- Safety
- Twelve major muscle groups and function
- Target heart rate
- Three principles of an Effective Physical Activity Program (Overload, Progression, Specificity)
- Three stages of a workout

Standard 2: Nutrition

Students will demonstrate the knowledge and skills necessary to select a diet that supports health and reduces the risk of illness and future chronic diseases.

CLASS V

- Importance of nutrition
- Food Pyramid
- Influences on food choices
- Nutrition labeling
- Food illness
- Food allergies
- Weight loss
- Weight gain
- Eating disorders

CLASS III

- Nutrients
- Food Pyramid
- Carbohydrates, fats, protein, and fiber
- Vitamins
- Minerals
- Water
- Dietary guidelines

- Calorie levels
- Balancing food and activity
- Healthy eating patterns
- Weight (calorie connection, appropriate weight range, BMI, health risks)

Standard 3: Sexual Education

Students will demonstrate an understanding of the importance of abstinence, birth control, and the prevention of sexually transmitted diseases.

CLASS V

- Social Media
- Dating and dating relationships
- Avoiding risky situations
- Setting limits
- Healthy relationships

CLASS III

- Social Media
- Healthy relationships
- Abstinence
- Sexual Transmitted Diseases
- HIV

Standard 4: Mental Health

Students will demonstrate a variety of ways of promoting self-acceptance, decision-making and coping skills. Students will demonstrate knowledge of the relationship between emotional and physical health, the management of emotions, personality and character development, and social awareness.

CLASS V

- Managing stress and anxiety
- Stress management techniques
- Achieving good mental health
- Characteristics of good mental health
- Promoting mental health

CLASS III

- Family relationships
- Peer relationships
- Violence prevention

Standard 5: Safety and Injury Prevention

Students will demonstrate the knowledge and skills necessary to administer first aid, carry out emergency procedures, including cardiopulmonary resuscitation; to avoid, recognize, and report verbal, physical, and emotional abuse situations; to assess the factors that contribute to intentional and unintentional injury, including motor vehicle accidents, fire safety, and weapons safety.

CLASS V

- Anti-Bullying
- Injury prevention
- Safe behaviors
- The R. I. C. E. (Rest, Ice, Compression, Elevation Procedure)
- Hot weather related risks

CLASS III

- CPR
- First Aid
- Splinting
- Decision making and risks management

Standard 6: Tobacco, Alcohol, and Substance / Abuse Prevention

Students will demonstrate the knowledge and skills necessary to be competent in making health-enhancing decisions regarding the use of medications and the avoidance of illegal or harmful substances, and communicating about substance abuse and prevention for healthier homes, schools, and communities.

CLASS V

- Tobacco
- Alcohol

CLASS III

- Alcohol
- Over the counter drugs
- Prescribed drugs
- Illegal drugs

Assessment methods:

Quizzes, tests, projects, class presentations and research assignments.

21ST CENTURY LEARNING EXPECTATIONS

Students will know and be able to demonstrate mastery of content and skills by way of the following:

- Reading- Students will utilize higher order thinking skills as they read authentic material from a variety of perspectives, cultures, and disciplines.
- Writing- Students will write competently and creatively, having mastered language conventions including rhetorical, stylistic, and grammatical structures.
- Speaking and Presenting- Students will communicate clearly and effectively in prepared and extemporaneous speech.
- Researching- Students will generate questions and use informed research and technological methodologies to evaluate information and synthesize new and innovative ideas.
- Problem Solving- Students will develop and apply problem solving skills across disciplines and settings.

READING SYLLABUS

Glencoe Health Textbook, 2007 edition

COMMON ASSESSMENTS

I. HEALTH EDUCATION

Formative assessments will be administered. Students will also be responsible for participating in class presentations.