



Pearson

High School Health

Course Summary:

This course provides the student with the opportunities to consider many influences on social, emotional, and physical health and well-being. The course covers information on healthy decisions, communication, goal setting and decision making, family dynamics, food and nutrition, substance abuse prevention, and prevention of STIs and HIV/AIDS. The student will also learn how to be a savvy consumer by being aware of consumer rights, techniques in advertising, and how to use checking and credit accounts responsibly.

Course Outline

1. Goal Setting and Decision Making

1. Identifying Values

- Define values and explain the influence that values have on life choices
- Identify how factors like genetics, trauma, healthy behaviors, and technology can help shape a person's values

2. Time Management

- Identify techniques that can help you identify tasks that need to be completed in order to meet your goals and how to order them

3. Decision-Making Skills

- Create a cost-benefit analysis of different possible solutions to problems, challenges, or opportunities

4. Goal Setting and Decision Making Unit Test

2. Making Healthy Decisions

1. Identifying Health Risks

- Identify factors that can influence a person's health
- Describe three strategies you can use to evaluate risk factors
- Analyze the short- and long-term consequences of gang involvement on personal and community health now and in the future
- Explain how the quality of the environment (e.g., secondhand smoke, carbon monoxide, allergens, lead, toxic chemicals) directly affects a person's health status and quality and length of life

2. Taking Responsibility for Your Health

- Describe the broad goals of Healthy People 2020
- Identify three steps you can take to meet your personal health goals
- Evaluate health information for accuracy and reliability
- Create a personal wellness plan for physical activity, sleep, personal hygiene, and other health-enhancing behaviors to prevent communicable and chronic disease

3. Sleep and Wellness

- Identify the benefits of sleep
- Explain the relationship between sleep deficiency and injury, disease, or

substance abuse

4. Using Technologies to Maintain Health

- Identify technologies that can be used to maintain a healthy lifestyle

5. Mental Health and Wellness

- Identify the challenges and the impact of stigma on people with mental illnesses
- Identify ways to support others who have mental illnesses and reduce stigma
- Identify the roles of mental health professionals

6. Making Healthy Decisions Unit Test

3. **Alcohol, Tobacco, and Drug Abuse**

1. Alcohol's Effect on the Body

- Summarize the effects of intoxication on the body systems
- List four factors that affect blood alcohol concentration
- Identify three ways that intoxication may lead to death

2. Choosing Not to Drink

- Evaluate how refusal skills help you stick to your decision not to drink
- Identify two benefits of avoiding situations where alcohol is present
- Demonstrate assertive communication skills to resist pressure to use alcohol, tobacco, and other drugs.
- Describe strategies to set personal boundaries to reduce and prevent relationship and dating violence.

3. Risks of Tobacco Use

- Describe the long-term health risks of tobacco use
- Identify the long-term risks of exposure to secondhand smoke
- Examine how smoking by a pregnant woman can affect her baby
- Evaluate the causal relationship between drug use and the development of chronic diseases

4. Legal and Illegal Drugs

- Define drug abuse and distinguish it from both appropriate use and misuse
- Describe how psychoactive drugs affect the brain
- Summarize the risks of drug abuse

5. Drug Abuse

- Evaluate how family, friends, and personal factors can influence an individual's decisions about drugs
- Compare the effects of depressants, stimulants, and hallucinogens on the body
- Describe the effects of marijuana
- Name three classes of drugs of increasing concern in recent years
- Evaluate the protective factors needed to reduce or prevent acts of violence

6. Choosing to be Drug Free

- Identify three treatment options for people who abuse drugs
- Name three steps you can take to stay drug free

7. Alcohol, Tobacco, and Drug Abuse Unit Test

4. **Body Systems**

1. Introduction to Body Systems

- Identify the main structures and functions of body systems
- Explain the structures and functions of the lymphatic and cardiovascular systems
- Explain how the body responds to diseases of the lymphatic and cardiovascular systems
- Explain how to maintain a healthy lifestyle

2. Lymphatic System
 - Explain the structures and function of the lymphatic system
3. Cardiovascular System
 - Explain the structures and functions of the cardiovascular system
4. Lymphatic System Diseases and the Body's Response
 - Explain how the lymphatic system protects against infectious diseases and cancer
5. Cardiovascular System Diseases and the Body's Resp
 - Identify diseases that affect the cardiovascular system
 - Identify strategies to prevent diseases of the cardiovascular system
6. Disease Prevention and Technology's Role
 - Identify technologies that can help maintain and improve health
7. Maintaining a Healthy Lifestyle
 - Identify strategies for maintaining healthy cardiovascular and lymphatic systems.
8. Body System Unit Test
 - Identify strategies for maintaining healthy cardiovascular and lymphatic systems
 - Explain the structure and functions of body systems
 - Explain the structure and function of the lymphatic system
 - Explain the structures and functions of the cardiovascular system
 - Explain how the lymphatic system protects against infectious diseases and cancer

5. Reproduction

1. The Male Reproductive System
 - Describe three functions of the male reproductive system
 - Identify five ways to keep the male reproductive system healthy
 - Identify parts of the female reproductive system
 - Identify vaccines needed females for different stages of life and their role in reducing health risks
2. The Female Reproductive System
 - Describe three functions of the female reproductive system
 - Summarize the stages of the menstrual cycle
 - Identify five ways to keep the female reproductive system healthy
 - Identify parts of the female reproductive system
 - Identify vaccines needed females for different stages of life and their role in reducing health risks
3. Reproduction Unit Test

6. Human Development

1. Pregnancy
 - Summarize the events that occur during the first week after fertilization
 - Describe the structures that protect and nourish the embryo and fetus
 - Identify four behaviors that are essential for a healthy pregnancy
 - Explain the importance of prenatal care throughout pregnancy
2. Childbirth
 - Identify the three stages of the birth process
 - Describe four complicating factors that may arise at birth
3. Adolescence
 - List three main categories of physical changes that occur during adolescence
 - Describe three mental changes that adolescents experience
 - Summarize the emotional changes of adolescence

- Identify the responsibilities that adolescents have to themselves and others
 - Identify how factors including genetics, trauma, healthy behaviors, and technology shape mental health, specifically impulse control
4. Adulthood and Marriage
 - Summarize the changes that people undergo during adulthood
 - List three keys to a successful marriage
 - Analyze how decisions made in youth can affect the aging process
 5. Death and Dying
 - List the five stages of dying that some people experience
 - Summarize healthy strategies for coping with a dying loved one and coping after a death
 6. Human Development Unit Test
- 7. STIs and AIDS**
1. The Risks of Sexual Activity
 - Identify risky behaviors associated with the current epidemic of sexually transmitted infections
 - Describe behaviors that can help prevent the spread of sexually transmitted infections
 - Identify different types of vaccines and tests needed for different stages of life and their role in reducing health risks
 2. Kinds of STIs
 - Identify three of the most common STIs, including their symptoms and treatments
 - List four other STIs and describe their symptoms
 - Know when a person should seek treatment for an STI
 3. STIs and AIDS Unit Test
- 8. Communications Strategies**
1. Non-Verbal Communication & Listening Skills
 - Define and analyze different forms of nonverbal communication in interpersonal relationships
 - Demonstrate considerate and respectful interpersonal communication through active listening
 2. Communication Roadblocks
 - Identify possible communication roadblocks and difficulties
 - Identify and demonstrate solutions for resolving communication roadblocks and difficulties
 - Identify communication roadblocks related to posting pictures, videos, and communicating with others online
 - Explain how not respecting boundaries can create communication roadblocks
 3. Communications Strategies Unit Test
- 9. Family & Relationships**
1. Family Problems
 - List some causes of stress in families
 - Describe three types of abuse that can happen in families
 - Explain what problems runaways are likely to have
 - Identify how family stress is influenced by factors like trauma, genetics, healthy behaviors, and technology
 - Identify the characteristics of abusive peer relationships and how the correlation to family violence
 2. Healthy Relationships
 - Describe communication skills that are important for building and

- maintaining healthy relationships
- Explain how cooperation, compromise, and conflict resolution help build and maintain healthy relationships
- Describe the behaviors that shape a dignified and respectful dating relationship
- Describe the cycle of violence
- Explain the role of respecting the experiences of others and accepting differences and its impact on communication
- Identify the consequences of using acts of violence to settle disputes

3. Relationships Unit Test

10. **Community Health**

1. Introduction to Community Health
 - Define community health
 - Explain how decisions can affect personal and community health
2. Social Determinants of Health
 - Identify the social determinants of health
 - Explain how the social determinants of health affect personal, community, or global health
3. Health and Wellness
 - Identify the role of the environment in preventing chronic disease
 - Explain the role of health and wellness in addressing environmental health concerns
4. Health Promotion
 - Identify strategies to communicate to others about health issues
 - Identify health promotion opportunities to enhance the health and wellness
 - Explain how health literacy skills prepare one to become a productive citizen
5. Global Community Issues and Environmental Health
 - Identify a global health issue
 - Identify strategies to address and communicate about a community or a global health issue
6. Disaster Management and Emergency Preparedness
 - Identify emergency situations that affect the community
 - Identify community resources for emergency preparedness
 - Identify crisis-management strategies for natural disasters and emergency situations
7. Health Professions in Public Health
 - Identify careers in public and community health
 - Identify high school courses that can lead to a career in public or community health
8. Community Health Unit Test