Neshaminy School District

2001 Old Lincoln Highway • Langhorne, Pennsylvania 19047-3295

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Health & Physical Education Department

Neshaminy High School

Sophomore Health Core Curriculum

**Duration:** Full School Year (September – June)

**Credits:** Required .5 Credits (Graduation Requirement)

**Period/Days:** Periods 7/8 - Even / Period - 6 Odd

**Room: K208 or K209**

**Instructor: Mr. Smith**

**Contact:** psmith@neshaminy.k12.pa.us

 Phone – (215) 809-6100

(215) 809-6133 [Girls PE Office]

 (215) 809-6138 [Boys PE Office]

**Office Hours:** Email for an Appointment

***Course Description:***

The purpose of health education is to establish an understanding in terms of overall healthy living based on the connection to personal wellness. The curriculum is designed into five parts for a balanced diversity of issues to address both state and national standards in: Mental Health, First Aid/CPR, Nutrition Basics, Substance Abuse and Human Sexuality.

[Mental Health Unit](http://www.neshaminy.k12.pa.us/145120910145336953/lib/145120910145336953/_Files/mental_health_student_packet_2009-2010.doc)

* As part of overall health, one would be remiss to avoid talking about the healthy status of the brain and the way it operates on a basic level. Talk will initiate around various topics that affect young people as they transition to adults and how to maintain a healthy level of stress during this time of transition. The Lifelines program has been incorporated into this unit for obvious reasons.

[CPR / First Aid Unit](http://www.neshaminy.k12.pa.us/145120910145336953/lib/145120910145336953/_Files/cpr-firstaid_student_packet_09-10.doc)

* Students will reviewing and expanding upon the CPR and basic First Aid skills as covered in the 7th grade health curriculum. A more in depth look will continue into the various types of first aid practices and techniques that are used by Red Cross Certified care-givers in order to give proper care for an injured individual. Students have the option to get certified as a Schools and Community Level First Aid and CPR Responder validated by the Lower Bucks Red Cross (all of our staff at NHS are certified First Aid Trainers).

[Nutrition](http://www.neshaminy.k12.pa.us/145120910145336953/lib/145120910145336953/_Files/nutrition_student_packet_2009-2010.doc) Basics Unit

* Concepts in keeping a healthy level of nutritious intake can be confusing in today's market of fad diets and express schedules that require continued eating of fast food and other unhealthy practices. Students will learn about reading food labels, how to analyze serving sizes and appropriate amounts of various nutrients according to their specific dietary needs.

[Substance Abuse Unit](http://www.neshaminy.k12.pa.us/145120910145336953/lib/145120910145336953/_Files/drug_student_packet_2009-2010.doc)

* Drugs will be covered as before, but from another angle with a focus on the aspects that effect high school and college students most directly in order to prepare each student for the next phase of their lives in terms of achieving and maintaining a drug free lifestyle alongside the overarching importance of such practices throughout the human lifespan. The unit will incorporate various strategies to educate students at higher level rather than focusing on rote memorization of factual knowledge.

Human Sexuality Unit

* Students covered a number of these types of topics in 8th grade health, however given societal trends both locally and nationally there is great importance in reviewing these topics and addressing new pertinent topics for students in our current age. A depth of material will encompass the subject matter beyond the typical surface value found in the 8th grade health curriculum to encompass a wider range of issues.

***Course Objectives:***

* TSWBAT:
	+ Identify core vocabulary terms for each particular unit displayed through meaning identification assessment taken in class or online where students are expected to know all terms covered in each individual unit.
	+ Demonstrate knowledge of the concepts taught in each portion of the unit as displayed through group activity, periodic mini-evaluations (quizzes) and through summative formal assessment.
	+ Clarify major health concerns in society through directed (prompt) response in written form or through guided discussion participation in class with peers based on specific components of the PA Writing Rubric or through participation and point system for responses and debate contributions during class discussion.
	+ Create and organize information for a variety of projects that allow students to orchestrate a demonstration of their comprehension and understanding in the various health concepts and principles adapted primary for variant learning apart from formal assessment using student choice and freedom of expression as motivators to reaching positive learning goals.

***Instructional Approach/Format:***

 The primary modes of instruction will be mini-lectures, class discussions, projects, presentations and reports. Students will be expected to read textbooks assignments and other supplemental materials about various topics in the course. Students will be required to use the information and data from readings and research to participate in class discussions and complete projects, assignments and other learning activities.

***PA State and National Academic Standards Addressed in the Course:***

* PA State Health Standards
	+ Concepts of Health
	+ Healthful Living
	+ Safety and Injury Prevention
* National Health Standards
	+ Comprehension of concepts related to health promotion and disease prevention applied to enhance health.
	+ Analysis of the influence of family, peers, culture, media, technology and other factors on health behaviors.
	+ Demonstration of the ability to access valid information and products and services to enhance health.
	+ Demonstration of the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
	+ Demonstration of the ability to use decision-making skills to enhance health.
	+ Demonstration of the ability to use goal-setting skills to enhance health.
	+ Demonstration of the ability to practice health-enhancing behaviors and avoid or reduce health risks.
	+ Demonstration of the ability to advocate for personal, family and community health.

***Course Materials:***

Unit Packets (one teacher provided copy per student, if original is lost it becomes the responsibility of the student to reprint the packet from the NSD Physical Education Website prior to the next class period as not to lose points for unpreparedness during class time.)

***Course Requirements: All Health work is Graded Equally (Weighted)***

1. Attendance and Participation – Required. In class activities will involve individual and/or group discussions. Periodic packet checks will also help comprise this grade for students.
2. Current Events – Each time class meets on a Friday, students will be going through a current events day in class where each student is required to bring in a current event from the newspaper, internet or other new media to share with their “So What?” groups to discuss the impact of such events specifically on their lives.
3. Homework – Students will be required to complete some portions of learning outside of class time.
4. Quizzes – Students will be required to demonstrate current knowledge progressively during unit instruction through periodic small-scale evaluations. Some quizzes will be announced yet others will be given at the discretion of the instructor
5. Tests – Students will be required to present their knowledge in terms of analyzing and comparing the information they learned throughout the course of each specific unit of study.
6. Project – Students will be required to research, create and present information to demonstrate an overall grasp of total unit comprehension. Full project details for each respective project will be given at the onset of its particular unit. Each project will be completed in a collaborative team style to build communication and task-sharing abilities of each student as required in today’s globally-connected working environments.
* Midterm/Final Exams – Each of the two semester exams will count for a full marking period grade. Students will be responsible to recall the information from the first half of the year’s curriculum on the midterm and the second half of the semester on the final exam. A minimum of one day of review will be done the class period prior to each examination.

### The Neshaminy School District grading system is as follows:

**Grade Percentage Point Equivalents**

A 100 – 94

A- 93 – 90

B+ 89 – 87

B 86 – 84

B- 83 – 80

C+ 79 – 77

C 76 – 74

C- 73 – 70

D+ 69 – 67

D 66 – 64

D- 63 – 60

F 59 and below

### ***All school policies are in effect concerning academic honesty, plagiarism and other related aspects.***

*\*This syllabus is subject to change.*

#### *Basic Course Schedule and Assignments:*

**Unit – Mental Health**

Health Curriculum Introduction

* Personality Types
* Types of Stress
* Managing Stress
* Time Management
* Goal Setting
* Self Esteem
* School Pressure: *Bang, Bang You’re Dead*
* Lifelines

 *Project: Mental Health Brochure*

**Unit – First Aid / CPR**

CPR Introduction

* Skill Review
* Practice Scenarios
* Certification Testing

 First Aid Introduction

* Skill Practice
* Practice Scenarios
* Certification Testing

 *Project:*

**Unit – Nutrition Basics**

Nutrition Introduction

* Grasping Essential Nutrients
* Understanding Food Labels
* Diets – The Good, the Bad and the Ugly
* Basal Metabolic Rate
* Influence on the American Diet

 *Project: Nutrition Portfolio*

**Unit – Substance Abuse**

Substance Abuse Introduction

* Drug Dependency
* Family Roles
* Resisting Peer Pressure
* Alcohol Effects
* Alcoholism
* Tobacco
* Prescription Drugs vs. Over the Counter Drugs
* Illicit Drugs

 *Project: Group Newsletter*

**Unit – Human Sexuality**

Sexuality Introduction

* Expressing Sexuality
* Gender Roles and Stereotypes
* Dating and Relationships
* Choosing Abstinence
* Unhealthy Relationships
* Reproductive Systems
* Pregnancy
* Preventing Pregnancy
* Sexually Transmitted Infections
* HIV and AIDS

 *Project: ?*

***Academic Honesty Policy:***

 Neshaminy School District is committed to a learning environment that embraces academic honesty. Faculty, students, and administrators share responsibility for maintaining this environment of academic honesty and integrity, accepting individual responsibility for all actions, personal and academic. Each member of our community is expected to read, understand, and uphold the values identified and described in both our faculty and student handbooks.

Student Signature\*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### *\*The student acknowledges receipt of this syllabus and the information herein contained by signing the syllabus. The teacher reserves the right to make changes to this syllabus if circumstances warrant such change. All changes will be provided to students in writing.*