

CARLISLE AREA SCHOOL DISTRICT
Carlisle, PA 17013

HEALTH

GRADE 12

Date of Board Approval: November 16, 2006

CARLISLE AREA SCHOOL DISTRICT PLANNED INSTRUCTION COVER PAGE

Title of Course: Senior Health Subject Area: Health and Physical Education Grade Level: twelfth

Course Length: (Semester/Year): Year Duration: 50 minutes Frequency: 1 period per week

Prerequisites: Not Applicable Credit: .20 Level: Not Applicable

Course Description/Objectives: The district shall provide for the attainment of the academic standards per Chapter 4, section 4.12. Each student shall demonstrate proficiency in the following areas: Concepts of health including: stages of growth and development, interaction of body systems, nutrition, and alcohol, tobacco and chemical substances and health and disease prevention; healthful living including: health practices, products and services, health information and consumer choices, health information and the media, decision-making skills and health and the environment; safety and injury prevention including: safe and unsafe practices, emergency responses and injury management, strategies to avoid and manage conflict and safe practices in physical activity; concepts, principals and strategies of movement including: movement skills and concepts, motor skill development, practice strategies, principles of exercise and training and scientific principles that affect movement.

Major Text(s)/Resources:

Glencoe Health, 9th, Edition, 2005 by McGraw Hill
Glencoe Human Sexuality, 2004, by McGraw Hill

Curriculum Writing Committee:

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Unit: A Healthy Foundation	Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments
10.1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> Evaluate the importance of taking responsibility for establishing and implementing health maintenance for individuals of all ages. 	<ul style="list-style-type: none"> chapter tests teacher made quizzes & test oral presentations projects Powerpoint presentations Research Papers Performance Assessments Essays Portfolio Demonstrations Curriculum Based Assessments
10.1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> Analyze the impact of the availability of health services in the community and the world. 	
10.1 E Identify and analyze factors that influence the prevention and control of health problems.	<ul style="list-style-type: none"> Interpret the health messages delivered through media and technology. 	
10.2 A Evaluate health care products and services that impact adult health practices.	<ul style="list-style-type: none"> Detect potential problems with health care products and services. Formulate ways to resolve problems related to health care products and services. 	
10.2 B Assess factors that impact adult health consumer choices.	<ul style="list-style-type: none"> Assess available health related services in the community that relate to disease prevention and health promotion. Compare the cost availability and accessibility of health services for people of all ages. 	

Unit: A Healthy Foundation	Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments
10.1/10.2 C Compare and contrast the positive and negative effects of the media on adult personal health and safety. Analyze factors that impact nutritional choices of adults.	<ul style="list-style-type: none"> Analyze the health messages delivered through advertising in the media. Utilize criteria to evaluate health products for appropriateness. 	<ul style="list-style-type: none"> chapter tests teacher made quizzes & test oral presentations projects Powerpoint presentations Research Papers Performance Assessments Essays Portfolio Demonstrations Curriculum Based Assessments
10.2 C Compare and contrast the positive and negative effects of the media on adult personal health and safety.	<ul style="list-style-type: none"> Examine how influences such as heredity, environment, culture, media and technology have impacted the health status of individuals, families, communities and the world. 	
10.2 D Examine and apply a decision-making process to the development of short and long term health goals.	<ul style="list-style-type: none"> Outline the process involved in choosing and achieving goals. Summarize the advantages of seeking advice and feedback regarding decision making skills. 	

Unit: Physical Activity & Nutrition	Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments
10. 1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> • Examine the effects of regular physical activity on body systems. • Analyze the five areas of health related fitness. 	<ul style="list-style-type: none"> • chapter tests • teacher made quizzes & test • oral presentations • projects • Powerpoint presentations • Research Papers • Performance Assessments • Essays • Portfolio • Demonstrations • Curriculum Based Assessments
10.1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> • Illustrate the effects of fitness on body systems. 	
10. 1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> • Compare the relationship between nutrition, quality of life and disease. • Assess the immediate and long term benefits of nutrition on body systems. 	
10.1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> • Examine the relationship among body composition, diet and fitness. • Analyze the relationship between maintaining a healthy weight, health promotion and disease prevention. 	
10.1 C Analyze factors that impact nutritional choices of adults.	<ul style="list-style-type: none"> • Analyze the concepts of balance, variety and moderation using the food guide pyramid and national dietary guidelines. 	

Unit: Physical Activity & Nutrition	Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments
10.1 C Analyze factors that impact nutritional choices of adults.	<ul style="list-style-type: none"> Utilize the information on food labels. Develop specific eating plans to meet changing nutritional requirements such as special dietary needs and food allergies. 	<ul style="list-style-type: none"> chapter tests teacher made quizzes & test oral presentations projects Powerpoint presentations Research Papers Performance Assessments Essays Portfolio Demonstrations Curriculum Based Assessments
10.1 C Analyze factors that impact nutritional choices of adults.	<ul style="list-style-type: none"> Analyze the influence of policies and practices on the prevention of food borne illness. 	
10.1 C Analyze factors that impact nutritional choices of adults.	<ul style="list-style-type: none"> Describe the risks of fad diets and other dangerous weight loss strategies. Understand the specific nutritional needs of different groups. 	
10.2 B Assess factors that impact adult health consumer choices.	<ul style="list-style-type: none"> Evaluate various influences on food choices. Develop and analyze strategies related to the prevention of foodborne illness. 	
10.3 D Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	<ul style="list-style-type: none"> Assess safety concerns related to various physical activities. Outline risks associated with various physical activities. 	

Unit: Physical Activity & Nutrition	Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments
10.4 A Evaluate factors that affect physical activity and exercise preferences of adults.	<ul style="list-style-type: none"> • Synthesize information and apply critical thinking, decision making and problem solving skills to develop a personal physical activity program to promote individual health. 	<ul style="list-style-type: none"> • chapter tests • teacher made quizzes & test • oral presentations • projects • Powerpoint presentations • Research Papers • Performance Assessments • Essays • Portfolio • Demonstrations • Curriculum Based Assessments
10.4 A/D Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.	<ul style="list-style-type: none"> • Set and incorporate realistic fitness goals. • Utilize basic principles of a physical activity program. 	
10.4 A/D Evaluate factors that affect physical activity and exercise preferences of adults.	<ul style="list-style-type: none"> • Set and incorporate realistic fitness goals. • Utilize basic principles of a physical activity program. 	
10. 4 B Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.	<ul style="list-style-type: none"> • Analyze the relationship between regular physical activity and disease prevention. 	
10.4 C Evaluate how changes in adult health status may affect the responses of body systems during moderate to vigorous physical activity.	<ul style="list-style-type: none"> • Compare the relationship of age and physical activity injuries. 	

Unit: Physical Activity & Nutrition	Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments
10. 4 E Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.	<ul style="list-style-type: none"> • Demonstrate the importance of regular physical activity for enhancing and maintaining personal health throughout the lifespan. • Design ways to incorporate physical activity into daily life. 	<ul style="list-style-type: none"> • chapter tests • teacher made quizzes & test • oral presentations • projects • Powerpoint presentations • Research Papers • Performance Assessments • Essays • Portfolio • Demonstrations • Curriculum Based Assessments

Unit: Promoting Safe & Healthy Relationships	Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments
10.1 A Evaluate factors that impact growth and development during adulthood and late adulthood.	<ul style="list-style-type: none"> Evaluate the effects of family relationships on physical, mental and social health Evaluate positive and negative effects of family relationships on physical and emotional health. 	<ul style="list-style-type: none"> chapter tests teacher made quizzes & test oral presentations projects Powerpoint presentations Research Papers Performance Assessments Essays Portfolio Demonstrations Curriculum Based Assessments
10.1 A Evaluate factors that impact growth and development during adulthood and late adulthood.	<ul style="list-style-type: none"> Discuss how significant family events can impact health. Examine issues related to death and grieving. 	
10.1 A Evaluate factors that impact growth and development during adulthood and late adulthood.	<ul style="list-style-type: none"> Examine causes and effects of stress within families and develop strategies for managing stress. 	
10.2 C Compare and contrast the positive and negative effects of the media on adult personal health and safety.	<ul style="list-style-type: none"> Evaluate how messages from the media influence violent behavior. 	
10.3 C Analyze the impact of violence on the victim and surrounding community.	<ul style="list-style-type: none"> Analyze the importance of healthy strategies that prevent emotional, physical and sexual abuse. Apply strategies for avoiding violence within the family. 	

Unit: Promoting Safe & Healthy Relationships	Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments
10.3 C Analyze the impact of violence on the victim and surrounding community.	<ul style="list-style-type: none"> • Discuss the importance of seeking advice and in helping to break the cycle of violence. 	<ul style="list-style-type: none"> • chapter tests • teacher made quizzes & test • oral presentations • projects • Powerpoint presentations • Research Papers • Performance Assessments • Essays • Portfolio • Demonstrations • Curriculum Based Assessments
10.3 C Analyze the impact of violence on the victim and surrounding community.	<ul style="list-style-type: none"> • Identify family situations that require professional health services and explain how to access those services. 	

Unit: Personal Care and Body Systems	Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments
10.1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> ● Outline the circulation of blood throughout the heart and body. ● Diagram the structures and function of the lymphatic system. 	<ul style="list-style-type: none"> ● chapter tests ● teacher made quizzes & test ● oral presentations ● projects ● Powerpoint presentations ● Research Papers ● Performance Assessments ● Essays ● Portfolio ● Demonstrations ● Curriculum Based Assessments
10.1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> ● Diagram the functions and structures of the cardiovascular system. ● Analyze the relationship between health promotion and prevention of cardiovascular disease. 	
10.1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> ● Relate the importance of early detection and warning signs that prompt individuals of all ages to seek health care. 	
10.1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> ● Diagram the functions and structures of the respiratory system. ● Outline the process of breathing. ● Examine the effects of health behaviors on the respiratory system. 	
10.1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> ● Analyze the relationship between health promotion and prevention and the prevention of respiratory disorders. 	

Unit: Personal Care and Body Systems	Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments
10.1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> • Relate the importance of early detection and warning signs that prompt individuals to seek care for respiratory problems. 	<ul style="list-style-type: none"> • chapter tests • teacher made quizzes & test • oral presentations • projects • Powerpoint presentations • Research Papers • Performance Assessments • Essays • Portfolio • Demonstrations • Curriculum Based Assessments

Unit: Growth and Development		Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments	
10.1 A Evaluate factors that impact growth and development during adulthood and late adulthood. 10.4 C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.	<ul style="list-style-type: none"> Compare the physical, mental and emotional and social transitions that occur during middle and late adulthood. 	<ul style="list-style-type: none"> chapter tests teacher made quizzes & test oral presentations projects Powerpoint presentations Research Papers Performance Assessments Essays Portfolio Demonstrations Curriculum Based Assessments 	
10.1 A Evaluate factors that impact growth and development during adulthood and late adulthood. 10.4 C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.	<ul style="list-style-type: none"> Identify lifestyle behaviors that promote health and prevent disease throughout the life span. 		
10.1 A Evaluate factors that impact growth and development during adulthood and late adulthood.	<ul style="list-style-type: none"> Analyze the influence of laws, policies and practices on health related issues including those related to disease prevention. 		
10.1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> Analyze the effectiveness and ineffectiveness of contraceptive methods and the role they play in the prevention of pregnancy and Sexually Transmitted Diseases (STD). 		
10.1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> Analyze the importance of abstinence from sexual activity as the preferred choice of behavior for unmarried persons of school age. 		

Unit: Tobacco, Alcohol, and Other Drugs	Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments
10.1 D Evaluate issues relating to the use/non-use of drugs.	<ul style="list-style-type: none"> ● Classify the harmful substances contained in tobacco and tobacco smoke, alcohol and other drugs. ● Assess the harmful effects of tobacco, alcohol and other drugs on the body systems. 	<ul style="list-style-type: none"> ● chapter tests ● teacher made quizzes & test ● oral presentations ● projects ● Powerpoint presentations ● Research Papers ● Performance Assessments ● Essays ● Portfolio ● Demonstrations ● Curriculum Based Assessments
10.1 D Evaluate issues relating to the use/non-use of drugs.	<ul style="list-style-type: none"> ● Analyze the harmful effects of tobacco, alcohol and other drugs such as physical, mental, social and legal consequences. ● Explain the benefits of a drug free lifestyle. 	
10.1 D Evaluate issues relating to the use/non-use of drugs.	<ul style="list-style-type: none"> ● Examine available health-related services in the community that relate to the prevention of drug related diseases and to health promotion. 	
10.1 D Evaluate issues relating to the use/non-use of drugs.	<ul style="list-style-type: none"> ● Analyze the harmful affects of tobacco, alcohol and other drugs on the fetus as well as on infants and young children. 	
10.2 C Compare and contrast the positive and negative effects of the media on adult personal health and safety.	<ul style="list-style-type: none"> ● Identify factors such as the media that influence decisions about alcohol and drug use and your health. 	

Unit: Disease and Disorders		Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments	
10.1 A Evaluate factors that impact growth and development during adulthood and late adulthood.	<ul style="list-style-type: none"> Analyze the relationship between healthful behaviors and the ways that communicable diseases are spread. Develop strategies that related to the prevention of communicable diseases. 	<ul style="list-style-type: none"> chapter tests teacher made quizzes & test oral presentations projects Powerpoint presentations Research Papers Performance Assessments Essays Portfolio Demonstrations Curriculum Based Assessments 	
10.1 A Evaluate factors that impact growth and development during adulthood and late adulthood.	<ul style="list-style-type: none"> Examine how the body protects itself against invading photogenes. Apply strategies for caring for your immune system and for preventing disease. 		
10.1 A Evaluate factors that impact growth and development during adulthood and late adulthood.	<ul style="list-style-type: none"> Outline the causes, transmission, symptoms and treatment of several communicable diseases. Analyze strategies to reduce the risk of contracting some communicable diseases. 		
10.1 A Evaluate factors that impact growth and development during adulthood and late adulthood.	<ul style="list-style-type: none"> Examine risk behaviors and risk factors for cardiovascular diseases, cancer, allergies, asthma, diabetes and arthritis. 		
10.1 A Evaluate factors that impact growth and development during adulthood and late adulthood.	<ul style="list-style-type: none"> Analyze and apply strategies related to the prevention of non-communicable diseases such as cardiovascular diseases, cancer, allergies, asthma, diabetes and arthritis. 		

Unit: Disease and Disorders		Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments	
10.1 A Evaluate factors that impact growth and development during adulthood and late adulthood.	<ul style="list-style-type: none"> Examine the types and causes of cardiovascular disease, cancer, allergies, asthma, diabetes and arthritis. 	<ul style="list-style-type: none"> chapter tests teacher made quizzes & test oral presentations projects Powerpoint presentations Research Papers Performance Assessments Essays Portfolio Demonstrations Curriculum Based Assessments 	
10.1 A Evaluate factors that impact growth and development during adulthood and late adulthood.	<ul style="list-style-type: none"> Analyze the importance of early detection and warning signs that prompt individuals of all ages to seek health care. 		
10.1 C Analyze factors that impact nutritional choices of adults.	<ul style="list-style-type: none"> Analyze the relationship between healthful behaviors and the ways the communicable diseases are spread. 		
10.1 E Identify and analyze factors that influence the prevention and control of health problems.	<ul style="list-style-type: none"> Examine how technology has impacted the health status of individuals, families, communities and the world in the prevention of communicable diseases. 		
10.1 E Identify and analyze factors that influence the prevention and control of health problems.	<ul style="list-style-type: none"> Examine the technology used to detect and treat cardiovascular disease, cancer, allergies, asthma, diabetes and arthritis. 		

Unit: Injury Prevention & Environmental health		Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments	
10.1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> Analyze the relationship between air, water and land pollutants on the physical health. 	<ul style="list-style-type: none"> chapter tests teacher made quizzes & test oral presentations projects Powerpoint presentations Research Papers Performance Assessments Essays Portfolio Demonstrations Curriculum Based Assessments 	
10.2 E Analyze the interrelationship between environmental factors and community health.	<ul style="list-style-type: none"> Examine strategies for reducing air pollution and land and water pollution. 		
10.2 E Analyze the interrelationship between environmental factors and community health.	<ul style="list-style-type: none"> Assess the impact of population on community and world health. 		
10.2 E Analyze the interrelationship between environmental factors and community health.	<ul style="list-style-type: none"> Analyze the influence of laws on health related environmental issues. Compare a variety of community environmental protection programs. 		
10.3 A Assess the personal and legal consequences of unsafe practices in the home, school or community.	<ul style="list-style-type: none"> Analyze strategies for preventing accidental injuries that occur at home, during recreational activities, during severe weather or during natural disasters. 		

Unit: Injury Prevention & Environmental health		Subject: Health and Family Living	Grade: 12
PA Academic Standards	Performance Indicators	Assessments	
10.3 B Analyze and apply strategies for the management of injuries.	<ul style="list-style-type: none"> Analyze strategies for responding to accidental injuries. Evaluate the importance of first aid. 	<ul style="list-style-type: none"> chapter tests teacher made quizzes & test oral presentations projects Powerpoint presentations Research Papers Performance Assessments Essays Portfolio Demonstrations Curriculum Based Assessments 	
10.3 B Analyze and apply strategies for the management of injuries.	<ul style="list-style-type: none"> Learn first-aid techniques for responding to shock, a choking victim and an emergency situation requiring cardio-pulmonary resuscitation (CPR). 		
10.3 B Analyze and apply strategies for the management of injuries.	<ul style="list-style-type: none"> Learn first-aid techniques for responding to accidental muscle, joint, and bone injuries, accidental injuries resulting in unconsciousness, animal bites, nosebleeds, and foreign objects in the eye. 		
10.3 B Analyze and apply strategies for the management of injuries. 10.1 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	<ul style="list-style-type: none"> Learn first-aid techniques for responding to accidental injuries such as poisonings, bites and stings, skin irritation caused by contact with poisonous plants. 		
10.3 B Analyze and apply strategies for the management of injuries.	<ul style="list-style-type: none"> Learn first-aid techniques for responding to accidental muscle, joint, and bone injuries, accidental injuries resulting in unconsciousness, animal bites, nosebleeds, and foreign objects in the eye. 		

Senior Health

Course Time Line

The following outline is to be used as a general guideline. This should be used as a pacing guide not a definitive timeline. The textbook should be used at the teacher's discretion and should not be the only resource tool.

- I. A Healthy Foundation- 1 week**
 - a. Ch. 1 Living a Healthy Life
 - b. Ch. 2 Building Health Skills and Character
 - c. Ch 3 Being a Health-Literate Consumer

- II. Physical Activity and Nutrition/Body Systems- 12 weeks**
 - a. Ch. 16 Cardiovascular and Respiratory System
 - b. Ch. 4 Physical Activity for Your Life
 - c. Ch. 5 Nutrition and Your Health
 - d. Ch. 6 Managing Weight and Body Composition

- III. Promoting and Safe and Healthy Relationships- 2 week**
 - a. Ch 11 Family Relationships
 - b. Ch. 13 Violence Prevention

- IV. Growth and Development/ Diseases and Disorders- 8 weeks**
 - a. Ch 20 Adolescence and the Life Cycle
 - b. Supplement book Contraceptives
 - c. Ch. 24 Communicable Diseases
 - d. Ch. 25 Sexually Transmitted Infections & HIV/AIDS
 - e. Ch. 26 Non-communicable Diseases and Disabilities

- V. Tobacco, Alcohol, and Other Drugs- 4 weeks**
 - a. Ch. 21 Tobacco
 - b. Ch. 22 Alcohol
 - c. Ch. 23 Medicine and Drugs

VI. Injury Prevention and Environmental Health- 9 weeks

- a. Ch. 27 Injury Prevention and Safe Behaviors
- b. Ch. 28 First Aid and Emergencies
- c. Ch. 29 Environmental Health

Adaptations/Modifications for Students with I.E.P.s

Adaptations or modifications to this planned course will allow exceptional students to earn credits toward graduation or develop skills necessary to make a transition from the school environment to community life and employment. The I.E.P. team has determined that modifications to this planned course will meet the student's I.E.P. needs.

Adaptations/Modifications may include but are not limited to:

INSTRUCTION CONTENT

- Modification of instructional content and/or instructional approaches
- Modification or deletion of some of the essential elements

SETTING

- Preferential seating

METHODS

- Additional clarification of content
- Occasional need for one to one instruction
- Minor adjustments or pacing according to the student's rate of mastery
- Written work is difficult, use verbal/oral approaches
- Modifications of assignments/testing
- Reasonable extensions of time for task/project completion
- Assignment sheet/notebook
- Modified/adjusted mastery rates
- Modified/adjusted grading criteria
- Retesting opportunities

MATERIALS

- Supplemental texts and materials
- Large print materials for visually impaired students
- Outlines and/or study sheets
- Carbonless notebook paper
- Manipulative learning materials
- Alternatives to writing (tape recorder/calculator)