

## **Health Education (9) Course Outline and Proficiencies**

**Name of Course:** Freshman Health

**Level:** College Prep A

**Number of Credits:** 5 days per week = 5 credits  
4 days per week = 4 credits

**Date written:** December 2007

**Prerequisites:** Successful completion of the previous year.

### **Course Description:**

The freshman health unit includes Harmful Substances and Driver Education. During the Harmful Substance segment of the unit, students will receive information ranging from alcohol and substance abuse and misuse to the more complex issues facing teenagers and adults in today's society. Driver Education exposes students to all phases of driving and the responsibilities that are associated with driving. This is a theory class and does not include actual "behind the wheel" training.

High Point Regional High School's curriculum and instruction are aligned to the state's Core Curriculum Content Standards and address the elimination of discrimination by narrowing the achievement gap, by providing equity in the educational programs and by providing opportunities for students to interact positively with others regardless of race, creed, color, national origin, ancestry, age, marital status, affect ional or sexual orientation, gender, religion, disability, or socio-economical status.

### **Core Curriculum Content Standards Addressed:**

**CCCS 2.1** All students will learn and apply health promotion concepts and skills to support a healthy, active lifestyle.

**CCCS 2.2** All students will use health-enhancing personal, interpersonal, and life skills to support a healthy, active, lifestyle.

**CCCS 2.3** All students will learn and apply information about alcohol, tobacco, other drugs and medicines to make decisions that support a healthy, active lifestyle.

### **Proficiencies of Harmful Substances**

All students will demonstrate and understand the following components of harmful substances:

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 1. <b>Classification of Drugs</b> | 8. <b>Concept of Dangerousness</b> |
| 2. <b>Control Substances Act</b>  | 9. <b>Tolerance</b>                |
| 3. <b>Consequences of Use</b>     | 10. <b>Cross Tolerance</b>         |
| 4. <b>Addiction</b>               | 11. <b>Withdrawal</b>              |
| 5. <b>Prevention</b>              |                                    |
| 6. <b>Effect on the Body</b>      |                                    |
| 7. <b>Treatment Programs</b>      |                                    |

### **Proficiencies of Driver Education**

All students will demonstrate and understand the following components of driver education:

1. **Highway Transportation System**
2. **IPDE Process**
3. **Driver Responsibilities**
4. **Graduated Driver Licensing (GDL)**
5. **Basic Vehicle Control**
6. **Natural Laws and Car Control**
7. **Intersections**
8. **Sharing the Road**
9. **Driving in Various Conditions**
10. **Emergencies**
11. **Driver Conditions**
12. **Alcohol/ Drugs and Driving**
13. **Vehicle Maintenance**
14. **Vehicle Insurance**
15. **Mapping**

### **Materials and Resources**

A complete list available on the department's inventory records, located in the Department Supervisor's office.

**Student Evaluation Methods** - The Freshman Health Education grade will be based on participation (60 points), knowledge (40 points). **All students will take a midterm based on the courses for the first semester in Health and Physical Education.**

- **Participation** - Demonstration of good school citizenship, involved in class discussions.
- **Knowledge** - Demonstration of an understanding of the class proficiencies in Harmful Substances through a written report and an oral presentation. The Driver Education segment utilizes the New Jersey State Drivers Education Examination. The examination is a fifty question written test evaluating the proficiencies in driving theory.

Optional methods of evaluation may include rubrics, reports, video presentations, technology presentations, portfolios, displays, and self-evaluation.

**Unit Policy** – A student who successfully passes the New Jersey State Driver Education Examination will be eligible to start the Graduated Driver Licensing process at 16 years of age with a commercial driving school.

**District Policy** - All students must pass 4 years of Physical Education and Health in order to fulfill the graduation requirements.

**Course Policy** - A student who does not successfully complete a year of Physical Education and Health must either repeat and pass those units when offered again or attend summer school.

**Web Site** - [www.hpregional.org](http://www.hpregional.org) - click on Health and Physical Education

**“The class that lasts a lifetime”**