

Health Education (11) Course Outline and Proficiencies

Name of Course Junior Health

Level College Prep A

Number of Credits 5 days per week – 5 credits
4 days per week – 4 credits

Date written: March 2008

Prerequisites Successful completion of the previous year

Course Description- The Junior Health Unit includes Family Life Education II and Current Health Issues I. **Family Life Education II** is a comprehensive program which seeks to provide students with an understanding of the physical, emotional and social aspects of human relationships and sexuality and how they support a healthy, active lifestyle. Students learn how to develop and maintain healthy relationships with friends and family. Additionally, students learn medically accurate information about both abstinence and contraception and learn the skills to enact behaviors to reduce or eliminate the occurrence of sexually transmitted diseases, HIV/AIDS and unintended pregnancy (Descriptive Statement, CCCS 2.4, 2004). The **Current Health Issues Unit** will provide information about various health issues in our society today. Students will acquire an awareness of agencies that are available as a source of assistance to them. *All students are encouraged to discuss any material covered in the Family Life Education II and Current Health Issues Units with their parents or guardians.*

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, affectional or sexual orientation, gender, religion, disability, or socio-economic status.

Because of the sensitive nature of the material in Family Life II, parents should thoroughly review the curriculum and contact the school if they have any questions or concerns about the material being presented or discussed in the class. Parents and guardians are encouraged to take an active role in the education of their children by discussing information obtained in the Family Life II class with their student.

All Family Life II activities, in compliance with the New Jersey State mandate that states "Abstinence must be covered and stressed as the only completely effective protection against unplanned pregnancy, sexually transmitted infection, and

HIV/AIDS when transmitted sexually” will be adhered to and will be the central theme of any lesson related to sexuality and sexual activity.

Core Curriculum Content Standards Addressed:

CCCS 2.1 (Wellness) All Students will learn and apply health promotion concepts and skills to support a healthy, active lifestyle.

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

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

CCCS 2.4 (Human Relationships and Sexuality) All students will learn the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy active lifestyle.

Proficiencies

All Students will demonstrate the following proficiencies:

Family Life Education

- Know the distinction between Sex and Sexuality
 - Discuss the importance of Male Reproductive Health
 - Discuss the importance of Female Reproductive Health
 - Know the concepts and / or decisions about birth control, conception, developmental stages of pregnancy, and the birthing process.
 - Identify preventions, causes, signs, and symptoms, transmissions, and treatments of HIV/AIDS and other STIs.
 - Identify qualities that are important for a promoting successful healthy relationships
-
- Compare and analyze the media’s impact on sex and societal issues.

Current Health Issues

- Develop a background of knowledge sufficient to enable them to make responsible personal and interpersonal decisions regarding abstinence, dating, sexual decisions, and other health issues.
- Demonstrate and understand the importance of mental, social, physical, and emotional components of health and wellness within current health trends today.
- Identify, define and present information regarding the causes and effects of various current health issues in our society.

Materials and Resources

A complete list is available on the department’s inventory records located in the Department supervisor’s office.

Student Evaluation Methods

The Health Education grade will be based on Participation (60 points), Class work / Homework (20 points), Knowledge / Quizzes (20 points). Every student will be required to take a midterm based on the courses taken, in health and physical education for the first semester.

- Participation – Class participation in discussion, question and answer, group work, to demonstrate an overall understanding of health and wellness.
- Class work / homework – demonstration and application of overall concepts, strategies, and life skills that support healthy sexuality and positive personal and interpersonal relationships. Identify, define, and present information regarding causes and effects of various current health issues in our society today.
- Knowledge – Demonstration of an understanding of the core curriculum content standards and proficiencies addressed in Human Sexuality and Current Health Issues I.

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

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

Web Site – www.hpregional.org - click on Health and Physical Education

“The class that lasts a lifetime”