

Health Education (12) Course Outline and Proficiencies

Name of course: Senior 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 senior health unit includes Current Health Issues and Research and Defensive Driving. Current Health Research provides students with the opportunity to investigate and discuss the more perplexing health issues of their choice. Each student will be part of a group that produces a research paper and oral report from list of current topics. The Defensive driving segment of the unit is affiliated with the National Safety council. Material covered includes hazard recognition, collision prevention and driving violations. Students passing the safety test and the course may be eligible to receive auto insurance reductions.

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.

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.

Core Curriculum Content Standards:

CCCS 2.1 All students will have the opportunity to achieve optimal wellness by learning and applying health promotion concepts and skills

CCCS 2.2 All students will have the opportunity to achieve optimal wellness by learning and applying health enhancing personal, interpersonal, and life skills

CCCS 2.3 All students will have the opportunity to achieve optimal wellness by learning and applying substance abuse prevention concepts and skills.

Proficiencies for Current Health Issues and Research

All students will investigate and decipher major health issues by researching a wide variety of wellness issues.

1. Personal Health and Wellness

- a. Recommend behavior changes to improve life long wellness
- b. Use health dates and information to make prediction about wellness

2. Growth and Development

- a. Take wellness issues in their lives and show how it impacts daily living.

3. Nutrition

- a. Develop a life style of proper wellness by evaluating the dietary structure to the individuals changing life styles.
- b. Recommend healthy ways to lose, gain or moderate weight.

4. Disease Prevention

- a. Investigate and analyze the effectiveness of treatment efforts for disease and health conditions
- b. Compare and contrast diseases and health conditions occurring in adolescence and young adulthood with those occurring later in life.

5. Mental Health

- a. Demonstrate and evaluate strategies to deal with conflict, harassment and violence.
- b. Predict the short long-term physical, social and emotional impacts of all forms of abuse.

Proficiencies for Defensive Driving:

All students will investigate and decipher the material provided by the National Safety Council, and will discuss issues that are pertinent to today's driving habits.

Decision Making: Students will demonstrate and evaluate proper driving techniques in order to become a safe driver, including in climate weather driving, road rage, violations and road conditions.

Drugs and Medicines: Students will learn to evaluate the dangers of driving while under the influence of drugs, over the counter, prescription, illegal and legal drugs.

Materials and Resources: Computer lab, Library, Web sites which can be found on the High Point Web page. The National Safety Council Defensive Driving Workbook, Films and a lab on laws.

Student Evaluation Methods: The health grade will be based on participation, is 60 points. The report is 20 points. And an oral presentation of the topic reported is 20 points. **All students in health and physical education will take a midterm based on the courses taken for the first semester.**

Participation: Demonstrating the knowledge of topics presented by listening

and making notes on the reports presented by fellow students in the class.

Report: A five-page report on a selected topic.

Oral Presentation: A presentation on the topic will be given in front of the class.

Work Book

Certification: Receiving a grade of 80%.

Unit Policy: Receiving a grade of 80% will make the student eligible for insurance reduction.

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

Course Policies: A student that 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 – click on Health and Physical Education.

“The class that lasts a lifetime”