

Health Education (10) Course Outline and Proficiencies

Name of Course Sophomore Health

Level College Prep A

Date written December 2007

Number of Credits 5 days a week – 5 credits

4 days a week – 4 credits

Prerequisites Successful completion of the previous year

Course Description The sophomore health unit includes Family Life I and CPR/First Aid. Family Life topics include self-awareness, values, communications, and decision making skills. While some sensitive issues are explored, the primary focus is to provide general information to support the more in depth discussions during junior year health. CPR/First Aid provides the student with the opportunity to earn American Red Cross certification in First Aid, CPR, and the use of the defibrillator (AED). *All students are encouraged to discuss any material covered in the Family Life I and CPR/AED/First Aid 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, affect ional or sexual orientation, gender, religion, disability, or socio-economical status.

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 2.4 (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:

Family Life I: Students will demonstrate an understanding of:

1- abstinence is the only 100% guaranteed method of birth control and disease prevention.

2- the role of human sexuality throughout life

3- family structure and communication

4- a variety of community resources.

5- how to make informed decisions regarding their sexual and personal

development.

6- basic human anatomy/physiology.

7- how to discuss issues using proper terminology.

8- sexually transmitted infections

9- cause, effect, and prevention of sexually transmitted infections.

10- contraception/protection from pregnancy and sexually transmitted infections.

11- abuses (physical and emotional); the prevention of, recognition of, laws, reporting procedures, and help resources available.

CPR/FIRST AID: Students will demonstrate their understanding of:

1- universal precautions when dealing with blood and disease transmission.

2- the principals of accident and injury prevention, risk management and first aid including basic life support.

3- safe behaviors that will prevent and reduce the severity of accidents and injuries.

4- the role and responsibilities of emergency responders and law enforcement personnel.

5- laws, rules and etiquette as related to safety.

6- assessing and responding to situations that threaten personal safety and the safety of others.

7- the knowledge and skills necessary to perform basic life support and first aid.

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

Student Evaluation Methods The Health grade will be based on participation, skill, and knowledge. (60 points, 20 pts, 20 pts – assigned according to class emphasis). **All health and physical education students will be given a midterm based on the courses for the first semester.**

1. Participation – demonstration of overall positive involvement in our particular health subject through activities, discussion, homework, class work, projects, etc.. Each student will display good school citizenship and demonstrate an understanding of rules and procedures particular to our health unit.

2. Skill – Demonstration and improvement in skills learned (CPR/FA)

3. Knowledge – demonstration of an understanding of the proficiencies of our health unit through written, oral, and skill tests

Unit Policy All students that pass the Red Cross Exam will be certified in Adult/Child/Infant CPR, AED, and Standard First Aid. They will also be invited to partake in an after school program that will upgrade their CPR certification to a Professional level.

District Policy All students must pass 4 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 Information www.hpregional.org - click on Health and Physical Education

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