



SCHOOL DISTRICT OF MONROE

Preparing for the Future, One Child at a Time

Health

Course Description:

The curriculum for this course is developed from the [Wisconsin State Health Education Standards](#). Health class is a mandatory class for grades 9-12 for graduation. Health class meets everyday for one trimester and students earn ½ of a credit. The focus of this class is to help students develop and foster an attitude of caring and responsibility for their overall level of health and wellness that will last throughout their lifetime. The emphasis of the class is on teaching and helping students develop health skills that will help them accomplish these goals. Units of Study include: Alcohol, Tobacco, and Other Drug Abuse, Mental Health, Depression, and Suicide Awareness, Family Life and Human Sexuality, Nutrition, Personalities, CPR and First Aid, and Diseases.

Mastery Standards:

Students will comprehend concepts related to health promotion and disease prevention to enhance health.(1:4:A1, A2, A3, B2, & B3)

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors(2:4:A1, & A4)

Students will demonstrate the ability to access valid information and products and services to enhance health. (2:4:A1, A2, & A3)

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (4:4:A1, A3, B1, & B3)

Students will demonstrate the ability to use decision-making skills to enhance health. (5:4:A1, B1, B3, B4, & B5)

Students will demonstrate the ability to use goal setting skills to enhance health. (6:4:A1, A2, & B1)

Students will demonstrate the ability to use health-enhancing behaviors and avoid or reduce health risks. (7:4:A1, B1 & B2)

Students will demonstrate the ability to advocate for personal, family, and community health. (8:4:A3 & B1)

| Unit | Description of Unit and Learning Targets |
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| <p>Unit Title: Personalities</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> From where do one's personality traits derive, and how do they affect one's life experiences? | <p>Students will... be exposed to the DISC model by Dr. Robert A. Rohm where they will participate in two surveys that will help them understand behavior patterns in ourselves and others.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Identify their predominant and secondary personality type. Understand what PQ is and how to raise it. Identify what each letter stands for in DISC and how they relate to others. |
| <p>Unit Title: Mental Health</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> What factors in my life affect my mental and emotional health? What are signs and treatment for depression? | <p>Students will... understand the various factors that can contribute to mental illness, and the biological component which makes mental illnesses not that different from other illnesses.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Equip teenagers with the knowledge they need in order to identify when they or a friend or family member is experiencing |

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| | <p>mental health problems or mental illness.</p> <ul style="list-style-type: none"> ● Reinforce the importance of positive mental health and effective ways of coping with stress. ● Basic concepts involved in normal brain function, and the role the brain plays in determining our thoughts, feelings and behaviours |
| <p>Unit Title: Nutrition</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> ● What prevents people from making healthy food choices? ● What are the dangers of extreme eating disorders? | <p>Students will... be exposed to a variety of topics in this unit like MyPlate, determining calories, different types of diets, and the benefits of healthy eating that can have on your body.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> ● Analyze the benefits of a healthy diet and the consequences of an unhealthy diet ● Analyze how family, peers, media, culture, and technology influence healthy eating choices ● How do food choices directly relate to weight management, illness, and overall health? |
| <p>Unit Title: Alcohol</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> ● How can alcohol, tobacco and other illegal or misused drugs affect my personal health? | <p>Students will... understand the effects that alcohol can have on their body. The Green County Sheriff's department will talk about underage drinking and driving and the consequences that go along with it.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> ● Apply refusal skills strategies into everyday life scenarios. ● Understand the difference between binge drinking and alcohol poisoning and how it can affect you. ● Know the short and long term effects of alcohol on the body. ● Analyze the dangers of driving while under the influence of alcohol. |
| <p>Unit Title: Tobacco</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> ● What are the legal consequences of using alcohol, tobacco, prescription or illegal drugs? | <p>Students will... review all the different types of tobacco products that are available today and how they affect their bodies both short and long term.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> ● Explain the effects of tobacco use on personal hygiene, health, and safety. ● Summarize the dangers of electronic cigarettes. ● Summarize the negative effects of secondhand smoke. |
| <p>Unit Title: Prescription and other drugs</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> ● How can drug use, misuse or abuse affect my learning? | <p>Students will... understand the importance of taking medicine correctly and following what the label tells them. They will also learn about street drugs and how they affect the body. The Green County Sheriff's department will come in to talk about the street drugs and the consequences that go along with them.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> ● Identify ways that drugs can be abused. ● Understand that drugs can have a serious effect on the body. ● Briefly discuss the basics of: depressants, stimulants, hallucinogens, Inhalants, marijuana, opiates, club drugs, performance enhancing drugs |
| <p>Unit Title: Human Growth and Development</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> ● What are the physical and emotional | <p>Students will... understand that abstinence is the most responsible choice for teenagers because it protects their social, mental and physical health.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> ● Apply the basic steps involved in the decision making process. |

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| <ul style="list-style-type: none"> benefits of sexual abstinence? • What are the best ways to prevent STDs, including HIV/AIDS? • What are some physical, mental, social and emotional changes that I can expect from adolescence through late adulthood? | <ul style="list-style-type: none"> • Differentiate between healthy and unhealthy relationships. • Recognize and explain physiological changes that occur in the adolescent body. • Identify symptoms of STI's to enable students to advocate for their own health and the health of others. • Distinguish between viral and bacterial STI's and potential treatments and preventions. • Describe the different methods of birth control and disease prevention. |
| <p>Unit Title: CPR and First Aid</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What is my personal responsibility to fellow citizens in critical emergency situations? | <p>Students will...learn how to become quick, confident responders in emergency situations. Students will learn a variety of first aid skills such as what to do during medical, injury, and environmental emergencies.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Know when and how to phone for help • Wash hands properly and use universal precautions recommended by the CDC. • Analyze the difference between mild and severe choking. • Identify signs of heart attack. • Differentiate stroke, seizure, and shock and how to care for someone showing these signs. • Describe the most important aspects of giving adult compressions. |
| <p>Unit Title: Career Cruising</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • Why is it important for students to know what they want to do after high school and what will it take to get there? | <p>Students will... have a better understanding of what it is like to get into schools that have 2 and 4 year programs.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Know where to look for college information. • Be able to see admission, ACT scores, and other criteria for getting into that school. • See what careers are being offered and what classes you have to take in order to graduate. |
| <p>Unit Title: Human Diseases</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • Why are self-exams and annual physical examinations important to preventing cancer and other diseases? | <p>Students will... learn the causes of communicable diseases and how they are spread. Students will also learn about the immune system and how to prevent illness.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Identify different forms of noncommunicable diseases are developed and how they can be managed. • Explain how different forms of cancer can develop in almost any part of the body. |