

# Health and Family Education

Science

Grade(s) 10th, Duration 1 Semester, .5 Credits  
Required Course

## Course Overview

This course is designed to increase the developmentally appropriate knowledge and behavioral skills necessary to achieve optimal well-being throughout the lifespan for individuals and families. The causes of morbidity and mortality of youth, chronic disease management, and parenting skills associated with optimal family health will be emphasized. Skills such as decision making, goal setting, advocating, choosing health behaviors, accessing reliable and valid information and communicating with others will be practiced using various health content topics.

content topics include personal health and wellness, safety education, violence prevention, human sexuality, substance education, mental and emotional health, food and nutrition, and physical activity,

Timeframe	Unit	Scope And Sequence
		Instructional Topics
Ongoing	Health and Wellness	
Ongoing	Human Anatomy and Disease	
Ongoing	Nutrition and Physical Activity	
Ongoing	Stress Management and Mental Health	
Ongoing	Substance Education	
Ongoing	Human Sexuality	
Ongoing	Injury Prevention, Safety and Environmental Health	

## Materials and Resources

2022 Glencoe Health Student Textbook

## Prerequisites

None

## Course Details

### Unit: Health and Wellness

Duration: Ongoing

#### Unit Description

- Describe patterns of physical, social and mental/emotional health that promote healthy long term relationships
- Identify how defense mechanisms are used as a means for handling one's emotions
- Apply the steps of the decision making model to daily life situations
- Develop a list of individual and governmental agencies providing assistance to people for their health needs
- Identify practices that preserve and enhance the safety and health of others

#### Enduring Understandings (Knowledge & Skills)

- Utilizing good decision making skills can improve the quality of one's life.
- To improve personal health and reduce health risks, each person must actively demonstrate healthy practices and behaviors
- Health behaviors are influenced by external pressures such as family, peers, culture, the media and technology.

### Unit: Human Anatomy and Disease

Duration: Ongoing

#### Unit Description

Students will investigate disorders, their treatments and prevention techniques to maintain healthy sensory, muscular, skeletal, cardio-respiratory, nervous, digestive, excretory, endocrine, lymphatic and reproductive systems.

### Unit: Nutrition and Physical Activity

Duration: Ongoing

### Unit: Stress Management and Mental Health

Duration: Ongoing

#### Unit Description

Students will identify stressors, physiological and mental symptoms of stress and healthy coping techniques.

Identify life management skills to implement in their own lives

Develop a list of intervention skills to prevent violence.

Describe patterns of physical, social and mental/emotional health that promote long term relationships and support.

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**Unit:** Substance Education

**Duration:** Ongoing

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## Unit Description

- Understand the short and long-term effects of anabolic steroid, tobacco, drugs, and alcohol.
- Explain the importance of following the label guidelines for all prescription and over the counter substances.
- List healthy alternatives to substance use and investigate effective strategies to promote individual, family, and community health.
- Understand the risks and effects of chemical dependency on the family and community, and locate available help.

**Unit:** Human Sexuality

**Duration:** Ongoing

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## Unit Description

- Analyze chronic and sexually transmitted diseases to develop strategies to manage or prevent future disease-related problems.
- Describe the effects of positive lifestyle behaviors on disease prevention.
- Evaluate teen pregnancy and the impact on personal lifestyle.
- Evaluate the reliability of various contraception methods.
- Recognize normal vs. abnormal conditions of the reproductive system
- Explain how the following affect the functioning of the reproductive system: ovarian cysts, HPV/cervical cancer, premenstrual syndrome, infertility, ovarian cancer, testicular cancer, and prostate cancer.
- Discuss the importance of routine physical examinations and tests (e.g., pap smears, mammogram, prostate examination) to reduce the risks of problems related to cancer and other chronic diseases.
- Describe patterns of physical, social, and mental/emotional health that promote healthy long-term relationships (e.g., dating, work environment, friendship, and marriage)
- Predict how the dynamics of relationships with family, groups, and community change as the individual matures.
- Analyze the reliability of health care information, services and products that could affect consumer decision-making (e.g., finding specialist such as CDC, county health departments, extension centers; insurance carriers, clinics, hospitals, OB/GYN, and emergency rooms)
- Develop a list of individual and/or governmental agencies and explain their responsibility for providing assistance to people for their health needs (e.g., Al-anon for drug abuse or dermatologist for acne)

**Unit:** Injury Prevention, Safety and Environmental Health

**Duration:** Ongoing

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## Unit Description

- Identify life-threatening situations and describe basic life-saving techniques.
- Recognize activity-related first aid conditions and describe appropriate responses.
- Recognize weather and water-related emergencies and describe basic first aid procedures
- Compare present and past environmental issues and develop strategies to reduce or correct the problems.
- CPR