

MASCONOMET REGIONAL SCHOOL DISTRICT

COURSE NAME: COMPREHENSIVE HEALTH & WELLNESS

COURSE NUMBER: 2921

DEPARTMENT: HEALTH/GUIDANCE

GRADE LEVEL(S): 10, 11, 12

LENGTH OF COURSE: 1 SEMESTER

Course Description:

Comprehensive Health and Wellness Issues is a one-semester course that provides an overview of issues relating to personal health and wellness. Topics include Disease (Disease Model, Cancer, HIV/AIDS, STDs, Depression, Eating Disorders), Substance Abuse (Alcohol, Addiction, Illicit and Other Abused Drugs, Steroids), Sexuality (Reproductive Anatomy/Function/Dysfunction, Sexual Abuse, Sexual Orientation, Pregnancy & Childbirth, Parenting, Conception and Contraception, Postponing Sexual Activity) and Wellness (Stress Reduction, Mental Health, Sleep, Nutrition, Financial Awareness). Students will learn refusal skills, terminology related to health issues, methods of investigating health issues and resources via the internet, and the cause and effect nature of decision making on long and short-term physical and emotional health. Students will be challenged to understand their personal responsibility as independent decision-makers relating to health issues.

Objectives:

1. Students will contrast two different theories of personality and relate each to a case study of cause and care for a behavioral problem.
2. Students will analyze a disease by utilizing the Disease Model, identifying a disease's etiology, pathogenesis, transmission mode, indications, complications, treatment, sequel and resolution. Utilizing the model, students will be able to describe HIV/AIDS.
3. Students will utilize medically accurate web sites to research health issues.
4. Students will be able to contrast drug categories including narcotics, stimulants, depressants, hallucinogens and cannabis, identify drugs that fall into each category, specify effects and dangers of each category, contrast physical and psychological addiction, utilize refusal skills, and describe the inherent personal/societal dangers of substance abuse.
5. Students will identify the anatomic parts, function and possible dysfunction of human reproductive anatomy, describe the process of conception, discuss the non-sexual qualities of a romantic relationship, discuss the responsibilities involved in a sexual relationship, thoroughly explain several methods of birth control, list the pros of postponing sexual behavior, discuss the problems of sexual abuse (reasons why the problems exists, and methods of prevention and treatment), describe homosexuality and discuss issues regarding sexual orientation.
6. Students will contrast the need for food intake and the reasons that many people eat, identify sources of calories and the pros and cons of each source, identify types of fats, recognize the sources of cholesterol, discuss healthy weight management/diet, utilize the Food Pyramid to identify their daily needs, keep and analyze a 24-hour food journal, and discuss food safety.
7. Financial Responsibility- Students will contrast wants and needs, discuss the importance of financial panning, describe pitfalls in responsible money management.

Materials and Activities:

This course will utilize teacher-prepared handouts and worksheets

This course will utilize the following types of activities:

- Homework- Readings in the handouts, written assignments, online research.
- Discussion- Students will discuss health issues and engage in debates.
- Skill Development- Students will demonstrate refusal skills, the ability to predict blood alcohol content using a BAC Wheel, locate masses in BSE/TSE models.
- AV Aids- Keynote presentations and videos will be used in training.
- Evaluation- Quizzes and unit exams will evaluate student academic learning.

Scope and Sequence:

The following units will be covered:

1. Introduction to Health & Wellness
2. Mental Health A Human Behavior
3. The Disease Process
4. Drugs and Substance Abuse
5. Sexuality
6. Nutrition
7. Financial Responsibility

These topics support the **Massachusetts Health Education Curriculum Framework**. Students will learn refusal skillsA1, terminology related to health issues, methods of investigating health issues and resources via the internetA4, and the cause and effect nature of decision makingA3,C1 on long and short-term physical and emotional health. Students will be challenged to understand their personal responsibility S1as independent decision-makers relating to health issues.

Assessment:

- Tests: Tests are designed to test the specific objectives and content of each chapter.
- Homework Evaluation: Each student's written homework is collected and evaluated on the basis of quality, accuracy and neatness.
- Class Participation: Each student is expected to actively participate in discussion based on the individual student's ability to contribute orally.
- Final Examination: This test is given at the end of the year to evaluate the major objectives and content of the course. It consists of basic concepts, historical events, and skills.

Expectations Addressed:

Academic Expectations

1. Students will communicate effectively.
3. Students will use problem-solving skills.
4. Students will use a variety of technological and informational resources to gather, analyze, and synthesize facts, results, ideas, and concepts.

Social Expectations

1. Students will assume responsibility for their own behaviors.
2. Students will contribute to the well-being and welfare of others within the school community.
3. Students will demonstrate respect for themselves and others.

Civic Expectations

1. Students will participate in decision making and team building activities.
2. Students will demonstrate and practice an understanding of the rights and responsibilities of citizenship.