



# School District of Horicon

## Course Outline

### Learning Targets

#### Health Education

##### UNIT: Introduction to Health

- Analyze how physical, emotional, intellectual, and social dimensions of health are interrelated and impact our overall wellness.
- Evaluate the credibility of sources offering health-related information.
- Identify and apply the decision-making and goal-setting models.
- Analyze the role of individual responsibility and the health care system in enhancing health.
- Analyze how the environment and access to healthcare impact personal health.
- Analyze how genetics and family history can affect personal health.
- Compare and contrast the ways your environment and socioeconomic situation can impact your health.

##### UNIT: Skeletal & Muscular System

- Identify and describe the anatomy of the skeletal system.
- Explain the functions of the skeletal system and describe how growth and deterioration occurs over the course of a lifetime.
- Recognize symptoms of an injury or disorder of the skeletal system and know when or how to treat them.
- Identify and describe the anatomy of the muscular system
- Recognize symptoms of an injury or disorder of the muscular system and know when or how to treat them.

##### UNIT: Personal Care

- Describe the anatomy of the skin, hair, and nails and explain health-enhancing behaviors to reduce the likelihood of unhealthy skin, hair, and nails.
- Evaluate common skin problems and discuss ways to prevent them.
- Identify the anatomy and function of the mouth and describe common problems associated with it.
- Identify the anatomy and function of the eye and ear and describe common problems associated with them.

### **UNIT: Mental Health**

- Describe how to manage common emotions in a healthy way and identify characteristics of good emotional intelligence.
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- Reflect on how your identity has been shaped so far and set goals for where you want it to go.
- Identify characteristics of good mental and emotional help and describe strategies for improving it.
- Recognize how stress can contribute to physical, intellectual, and emotional health problems.
- Identify a variety of healthy ways to manage and reduce stress and understand when to seek professional help.
- Identify types of mental illnesses and disorders and recognize symptoms of each.
- Recognize signs of suicide and describe how to help someone who is thinking about attempting suicide.

### **UNIT: Human Sexuality**

- Summarize the process of fertilization and explain how children inherit traits and gender is determined.
- Explain the functions of male reproductive organs and identify potential health problems of the male reproductive system.
- Explain the functions of female reproductive organs and identify potential health problems of the female reproductive system.
- Apply the decision-making model to choices about sexual activity.
- Describe a variety of contraceptive methods and the advantages or disadvantages of using them.
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- Explain how people contract STI's and identify the most effective ways to prevent STI's.
- Explain the process of fetal development and how pregnancy is confirmed and measured.
- Describe healthy and unhealthy choices during pregnancy and complications and risks during pregnancy.
- Explain a typical delivery of a baby and generate a list of decisions made during labor and delivery and explain why you would make the choices you would make.

### **UNIT: Alcohol, Tobacco, and Other Drugs**

- Examine the health effects of drinking alcohol and understand how alcohol impacts the function of the body.
- Evaluate alcohol prevention strategies and recognize healthy ways of supporting someone who has a problem with alcohol.
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- Examine the health effects of tobacco and nicotine.
- Describe ways to prevent and treat drug addiction.

### **UNIT: Nutrition**

- Understand the role of each nutrient in the body and apply formulas to determine personal nutritional needs.
- Analyze nutrition facts labels to identify the nutritional value of food.
- Understand factors that determine body weight and how to manage your own body weight in healthy ways.

*Students will be able to meet the learning targets above as evidenced by formative and summative classroom assessments.*