

GLENDALE UNIFIED SCHOOL DISTRICT

Senior High School

July 10, 2007

Department: Health

Course Title: Health

Course Number:

Grade Level: 9

Semester Hours: 5 (1 semester)

Prerequisite: None

Approved Materials: Lifetime Health (HEALTH - core textbook)  
By David Friedman, Curtis Stine & Shannon Whalen  
Copyright 2004 by Holt, Rinehart & Winston  
SE ISBN: 0-03-064614-6

Positive Prevention: HIV/STD Prevention Education for California Youth  
Level B; For High School (PP)  
By K.R. Clark & Christine Ridley  
Copyright 2003 by The American National Red Cross

Too Good for Drugs & Violence (2G4D&V)  
Copyright 2000 by Mendez Foundation

Course Description: The topics that will be presented are mental, physical and environmental health; family life and sex education; sexually transmitted diseases; first aid; drug education; and nutritional information. The emphasis on each topic will be placed on developing an awareness concerning the health needs for each individual student, as well as our social health needs.

Course Outline (by Learning Objectives):

| <b>Expectations / Student Learning Objectives<br/>Students will. . .</b>                      | <b>Recommended Materials</b>                                 | <b>Suggested<br/>Time</b> |
|---|--|---------------------------|
| 1. Demonstrate ways in which they can enhance and maintain their health and well-being.       | HEALTH: CHPT 1, 2, 6, 7 8<br>2G4D&V: Lessons 1, 3, 5, 6      | 17 hours                  |
| 2. Understand and demonstrate behaviors that prevent disease and speed recovery from illness. | HEALTH: CHPT 3, 4, 13, 14, 15<br>2G4D&V: Lessons 5, 6, 8, 10 | 12 hours                  |

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|--|---|-----------------------|
|  | ARC PP: Lesson 4  |                       |
| 3. Practice behaviors that reduce the risk of becoming involved in potentially dangerous situations and react to potentially dangerous situations in ways that help to protect their health. | HEALTH: CHPT 4,13,14,15, 20, 21<br>2G4D&V: Lessons 3, 4, 5, 6, 7<br>ARC PP: Lessons 2, 3, 4 | 12 hours              |
| <b>Expectations / Student Learning Objectives Students will. . .</b>   | <b>Recommended Materials</b>  | <b>Suggested Time</b> |
| 4. Understand and demonstrate how to play a positive, active role in promoting the health of their families.   | HEALTH: CHPT 1, 2, 17<br>2G4D&V: Lessons 2, 3, 6, 7   | 5 hours               |
| 5. Understand and demonstrate how to promote positive health practices within the school and community, including how to cultivate positive relationships with their peers.                  | HEALTH: CHPT 2, 3, 4, 19<br>2G4D&V: Lessons 7, 8<br>ARC PP: Lesson 6                        | 8 hours               |
| 6. Understand the variety of physical, mental, emotional and social changes that occur throughout life.  | HEALTH: CHPT 3, 4, 16, 18, 19<br>2G4D&V: Lesson 1   | 8 hours               |
| 7. Understand and accept individual differences in growth and development.   | HEALTH: CHPT 16, 18<br>2G4D&V: Lesson 8   | 5 hours               |
| 8. Understand their developing sexuality, will choose to abstain from sexual activity, will learn about protecting their sexual health, and will treat the sexuality of others with respect. | HEALTH: CHPT 18, 20, 21<br>ARC PP: Lessons 3, 4   | 12 hours              |
| 9. Identify information, products, and services that may be helpful or harmful to their health.  | HEALTH Expression Lessons pp. 552-555, 556-559, 562-565                                     | 3 hours               |

Course Outline (by materials):

| <b>LIFETIME HEALTH Chapters</b> | <b>2G4D&amp;V POSITIVE PREVENTION</b> | <b>Expectations / Student Learning Objectives Students will. . .</b>   | <b>Suggested Time</b> |
|---------------------------------|---------------------------------------|--|-----------------------|
| 1                               | 2G4D&V<br>Lesson 1                    | 1. Demonstrate ways in which they can enhance and maintain their health and well-being.<br>4. Understand and demonstrate how to play a positive, active role in promoting the health of their families.  | 5 hours               |
| 2                               | 2G4D&V<br>Lessons 2 & 3               | 1. Demonstrate ways in which they can enhance and maintain their health and well-being.<br>4. Understand and demonstrate how to play a positive, active role in promoting the health of their families.<br>5. Understand and demonstrate how to promote positive health practices within the school and community, including how to cultivate positive | 6 hours               |

|   |  |  |         |
|---|--|--|---------|
|   |  | relationships with their peers.  |         |
| 3 |  | <p>2. Understand and demonstrate behaviors that prevent disease and speed recovery from illness.</p> <p>5. Understand and demonstrate how to promote positive health practices within the school and community, including how to cultivate positive relationships with their peers.</p> <p>6. Understand the variety of physical, mental, emotional and social changes that occur throughout life.</p> | 5 hours |

| <b>LIFETIME HEALTH Chapters</b> | <b>2G4D&amp;V POSITIVE PREVENTION</b>        | <b>Expectations / Student Learning Objectives Students will. . .</b>  | <b>Suggested Time</b> |
|---------------------------------|--|---|-----------------------|
| 4                               | ARC PP<br>Lesson 2<br><br>2G4D&V<br>Lesson 4 | 2. Understand and demonstrate behaviors that prevent disease and speed recovery from illness.<br>3. Practice behaviors that reduce the risk of becoming involved in potentially dangerous situations and react to potentially dangerous situations in ways that help to protect their health.<br>5. Understand and demonstrate how to promote positive health practices within the school and community, including how to cultivate positive relationships with their peers.<br>6. Understand the variety of physical, mental, emotional and social changes that occur throughout life. | 7 hours               |
| 6                               |  | 1. Demonstrate ways in which they can enhance and maintain their health and well-being.   | 4 hours               |
| 7                               |  | 1. Demonstrate ways in which they can enhance and maintain their health and well-being.   | 4 hours               |
| 8                               |  | 1. Demonstrate ways in which they can enhance and maintain their health and well-being.   | 4 hours               |
| 13                              | 2G4D&V<br>Lesson 5                           | 2. Understand and demonstrate behaviors that prevent disease and speed recovery from illness.<br>3. Practice behaviors that reduce the risk of becoming involved in potentially dangerous situations and react to potentially dangerous situations in ways that help to protect their health.   | 4 hours               |
| 14                              | 2G4D&V<br>Lesson 6                           | 2. Understand and demonstrate behaviors that prevent disease and speed recovery from illness.<br>3. Practice behaviors that reduce the risk of becoming involved in potentially dangerous situations and react to potentially dangerous situations in ways that help to protect their health.   | 4 hours               |
| 15                              |  | 2. Understand and demonstrate behaviors that prevent disease and speed recovery from illness.<br>3. Practice behaviors that reduce the risk of becoming involved in potentially dangerous situations and react to potentially dangerous situations in ways that help to protect their health.   | 4 hours               |
| 16                              |  | 6. Understand the variety of physical, mental, emotional and social changes that occur throughout life.<br>7. Understand and accept individual differences in growth and development.   | 4 hours               |
| 17                              | 2G4D&V                                       | 4. Understand and demonstrate how to play a   | 4 hours               |

|                                  |                                       |  |                       |
|----------------------------------|---------------------------------------|--|-----------------------|
|                                  | Lesson 7                              | positive, active role in promoting the health of their families.   |                       |
| <b>LIFETIME HEALTH Chapters</b>  | <b>2G4D&amp;V POSITIVE PREVENTION</b> | <b>Expectations / Student Learning Objectives Students will. . .</b>   | <b>Suggested Time</b> |
| 18                               | 2G4D&V Lesson 8                       | 6. Understand the variety of physical, mental, emotional and social changes that occur throughout life.<br>7. Understand and accept individual differences in growth and development.<br>8. Understand their developing sexuality, will choose to abstain from sexual activity, will learn about protecting their sexual health, and will treat the sexuality of others with respect.        | 8 hours               |
| 19                               |                                       | 5. Understand and demonstrate how to promote positive health practices within the school and community, including how to cultivate positive relationships with their peers.<br>6. Understand the variety of physical, mental, emotional and social changes that occur throughout life.   | 4 hours               |
| 20                               | ARC PP Lesson 3                       | 3. Practice behaviors that reduce the risk of becoming involved in potentially dangerous situations and react to potentially dangerous situations in ways that help to protect their health.<br>8. Understand their developing sexuality, will choose to abstain from sexual activity, will learn about protecting their sexual health, and will treat the sexuality of others with respect. | 6 hours               |
| 21                               | ARC PP Lesson 4                       | 3. Practice behaviors that reduce the risk of becoming involved in potentially dangerous situations and react to potentially dangerous situations in ways that help to protect their health.<br>8. Understand their developing sexuality, will choose to abstain from sexual activity, will learn about protecting their sexual health, and will treat the sexuality of others with respect. | 6 hours               |
| pages. 552-555, 556-559, 562-565 | ARC PP Lesson 6                       | 9. Identify information, products, and services that may be helpful or harmful to their health.  | 4 hours               |

American Red Cross, Positive Prevention (ARC PP) and Too Good for Drugs and Violence (2G4D&V) correlations are approximations. Teachers should use the materials when they best fit in with the curriculum and students' needs.