

## COURSE TITLE: Health 1

	UNIT 1	UNIT 2	UNIT 3	UNIT 4	UNIT 5	UNIT 6
UNIT TITLE	Health/Wellness and Risk Factors	Personality	Stress	Communication	Healthy Relationships	Sexual Reproduction/ Pregnancy / Birth
LENGTH OF UNIT	~2 Weeks	~2 weeks	~3 Weeks	~3 weeks	~3 weeks	~6-7 weeks
ESSENTIAL QUESTION(S)	<ul style="list-style-type: none"> <li>• What is the difference between Health and Wellness?</li> <li>• What are the dimensions of wellness?</li> <li>• What is wellness?</li> <li>• How do the choices I make each day affect my wellness?</li> </ul>	<ul style="list-style-type: none"> <li>• How do we get our personality?</li> <li>• Why is self-esteem so important for teenagers?</li> <li>• How does my personality develop?</li> <li>• Does our personality develop throughout our entire life?</li> </ul>	<ul style="list-style-type: none"> <li>• What are hassles?</li> <li>• Why do people respond to stress differently?</li> <li>• What is stress?</li> <li>• How does our body respond to stressors?</li> <li>• What are the best ways to reduce stress?</li> <li>• What is the effect of stress on the body?</li> </ul>	<ul style="list-style-type: none"> <li>• What is communication?</li> <li>• How do we communicate?</li> <li>• What is effective communication?</li> <li>• What is active listening?</li> <li>• What are barriers to communication?</li> <li>• What role does culture play in communication and/or barriers to communication?</li> <li>• How can we become better communicators?</li> <li>• Does technology enhance or hinder communication?</li> </ul>	<ul style="list-style-type: none"> <li>• What are traits of a healthy relationship?</li> <li>• What is the difference between physical intimacy and emotional intimacy?</li> <li>• Can you have physical intimacy without emotional intimacy and vice versa?</li> <li>• What skills are important for working with people that I may not know or like?</li> <li>• What is compromise?</li> <li>• What qualities are important in a friend?</li> </ul>	<ul style="list-style-type: none"> <li>• What is the role of the endocrine system in sexual reproduction?</li> <li>• What is the role of the endocrine system in the flight or fight response?</li> <li>• How are sperm produced and what is their function?</li> <li>• How does the menstrual cycle work?</li> <li>• How does the body know when an egg is fertilized or not?</li> <li>• How can you tell if a person is pregnant or not?</li> <li>• What growth and development takes place during each of the trimesters?</li> <li>• What are the stages of birth?</li> </ul>
STANDARDS	Standard 1- Core Concepts	Standard 1- Core Concepts	Standard 1- Core Concepts	Standard 1- Core Concepts	Standard 1- Core Concepts	Standard 1- Core Concepts

	Standard 2- Accessing Health Information  Standard 3- Self-Managem ent of Healthy Behaviors  Standard 4- Analyzing Internal and External Influences  Standard 6- Decision-Makin g Skills	Standard 2- Accessing Health Information  Standard 3- Self-Managem ent of Healthy Behaviors  Standard 4- Analyzing Internal and External Influences  Standard 6- Decision-Maki ng Skills	Standard 2- Accessing Health Information  Standard 3- Self-Management of Healthy Behaviors  Standard 4- Analyzing Internal and External Influences  Standard 6- Decision-Making Skills	Standard 2- Accessing Health Information  Standard 3- Self-Management of Healthy Behaviors  Standard 4- Analyzing Internal and External Influences  Standard 6- Decision-Making Skills	Standard 2- Accessing Health Information  Standard 3- Self-Management of Healthy Behaviors  Standard 4- Analyzing Internal and External Influences  Standard 6- Decision-Making Skills	Standard 2- Accessing Health Information  Standard 3- Self-Management of Healthy Behaviors  Standard 4- Analyzing Internal and External Influences  Standard 6- Decision-Making Skills
<b>CONCEPTS</b>	-Wellness as a goal -Dimensions of wellness -Relationship of daily choices to either wellness or illness -Decreasing risk factors	-Aspects of personality -Different theories of personality -How the environment shapes our personality -How self-esteem plays a key role in mental healthy	-Viewing stress -Stress's effect on the body and mind -Fight or flight response	-Types of communication -Listening vs active listening -Barriers to communication	-Different types of relationships -Types of friendships -Intimacy -Unhealthy relationship red flags	-Endocrine system and their functions -Female reproductive system components and their functions -Disorders of the female reproductive system -Male reproductive system components and their functions -Development of a fertilized egg to a fetus -Stages of pregnancy and birth
<b>SKILLS</b>	-Decreasing risk factors -Increasing	-Healthy vs unhealthy coping	-Healthy stress management skills -Identifying	-Active listening skills -Effective	-Finding community resources for help to get out of unhealthy	-Types of barrier devices and birth controls -Preventing STIs and

	wellness	strategies	healthy ways to manage stress that works now	communication skills -I-messages -Refusal skills	relationships -Refusal skills	unwanted pregnancy
<b>PERFORMANCE TASK/ SUMMATIVE</b>	Wellness Wheel and reflection  Summative Unit Test	Summative Unit Test	Stress Management Skills Mini Book  Summative Unit Test	Summative Unit Test	Summative Unit Test	Baby Project (in the past) Summative Unit Test
<b>VOCABULARY</b>	Health, wellness, dimensions of wellness, physical wellness, social wellness, spiritual wellness, emotional wellness, mental wellness, illness-wellness continuum, beliefs, risk factors, environmental risk factors, hereditary risk factors, social risk factors, goals,	Personality, personality traits, Extrovert, introvert, assertive, passive, aggressive, optimist, pessimist, realist, psychologist, mental health, heredity, environment, culture, modeling, peer group, Abraham Maslow, Eric Erikson, Sigmund Freud, Id, ego, superego, self-actualization, hierarchy of needs, self-esteem,	Stress, distress, eustress, quality of life, decision making, fight or flight response, stressor, hassle, life-changing event, alarm stage, resistance stage, exhaustion stage, homeostasis, psychosomatic illness, ulcer, peptic ulcer, asthma, heart disease, type A personality, type B personality, perfectionism, negative thinking, time management, mental rehearsal, guided relaxation, meditation	Communication, effective communication, I messages, active listening, assertiveness, body language, cooperation, compromise, passive, assertive, aggressive, listening, prejudice, stereotypes, tolerance, gender stereotype, constructive criticism, nonverbal communication, posture, tone, gestures, facial expression,	Cooperation, compromise, friendship, casual friendship, close friendship, jealousy, envy, intimacy, physical attraction, infatuation, physical intimacy, emotional intimacy, marriage, commitment, domestic violence, assault, battery	Endocrine system, gland, hormone, pineal, hypothalamus, pituitary, thyroid, parathyroids, thymus, adrenal, ovary, testes, pancreas, cushing's syndrome, flight or fight response, hypothyroidism, hyperthyroidism, reproductive glands, testosterone, estrogen, progesterone, puberty, fertilization, sperm, epididymis, penis, vas deferens, Cowper's gland, Prostate gland, semen, seminal vesicles, ejaculation, erection, sterility, undescended testes, hernia, ovum, ova, ovulation, fallopian tubes, fimbria, uterus, cervix, vagina, birth canal, hymen, clitoris, menstrual cycle, menstruation, premenstrual syndrome,

		defense mechanisms, coping strategies, compensation, rationalization, denial, reaction formation, projection, regression, personality disorders, antisocial personality disorder,				menopause, vaginitis, endometrium, endometriosis, toxic shock syndrome, cervical cancer, breast cancer, pregnancy, urine test, HCG, EPT, obstetrician, gynecologist, midwife, zygote, blastocyst, placenta, embryo, fetus, umbilical cord, amniotic sac, amniotic fluid, IVF, IUI, prenatal care, ultrasound, trimester, vernix, labor, dilation, afterbirth, crowning, fraternal twins, identical twins, cesarean section, vaginal birth, breech, apgar scale, fetal alcohol syndrome, premature, miscarriage, stillborne,
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