

## Course Map Example - Health

[illegible]

	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	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,
--	--	--	--	--	--	--