

# **Pequannock Township School District**

## **Curriculum Syllabus**

### **Health/Grade 9 / Life Long Wellness**

#### **Course Description:**

Grade 9 places emphasis on the topic of Substance Abuse education and personal health. In addition, this course will touch upon a wide range of health issues that society is dealing with today. In the ever changing world we live in, we are reminded on a daily basis how fragile life really is. The spread of communicable diseases, unhealthy choices, environmental issues, and world safety threaten human life every day. Because of these issues and others, health education is vital and necessary in the lives of teenagers more than ever before.

#### **Course Standards:**

The following is a list of NJSLS that describe what students are expected to know and be able to do as a result of successfully completing this course. The following NJSLS are the basis of the assessment of student achievement. The learner will demonstrate mastery of:

NJCCCS/CCSS

1. To increase focus on current health related issues. 2.1.12.A.1 2.2.12.A.3 9.1.12.A.1
2. To understand how health is one's own responsibility. 2.1.12.A.1 2.1.12.B.1 9.1.12.A.1
3. To understand how lifestyle factors contribute to life expectancy. 2.1.12.B.1 2.1.12.B.2 9.1.12.A.1 9.1.12.B.1
4. To understand how goal setting gives direction in life. 2.2.12.B.2
5. To develop an understanding of your level of wellness. 2.1.12.A.1
6. To build a stronger self with positive coping skills as a means of suicide prevention. 2.1.12.C.3 2.1.12.C.4
7. To introduce a Decision Making Model and how it can assist in making important decisions. 2.2.12.B.1
8. Understand the influences that impact decision making. 2.2.12.B.1 2.2.12.B.2
9. Students will evaluate their own decisions to determine levels of success or failure. 2.2.12.B.1
10. To discuss the different categories of drugs and the dangers of substance abuse and steroids. 2.6.12.A.5
11. To discuss the dangers of alcohol poisoning and how to respond to this type of an emergency. 2.3.12.B.1 2.3.12.B.2
12. To develop skills designed to aid in avoiding substance abuse. 2.3.12.C.1 2.3.12.C.2 2.3.12.C.3
13. To discuss the different categories of drugs. 2.3.12.B.1 2.3.12.B.2
14. Identify and name several of the more commonly used drugs. 2.3.12.B.2

15. Responsible actions regarding sexual behavior impact the 2.4.12.B.2 health of oneself and others.
16. To develop an understanding of the signs and symptoms of 2.4.12.B.2 Sexually Transmitted Diseases and methods of prevention. 2.1.12.A.1
17. To understand puberty and how it relates to the reproductive 2.4.12.B.2 system.
18. Write informative/explanatory texts, including the narration CCSS.ELA- of historical events, scientific procedures/ experiments, or Literacy.WHST.11-12.2 technical processes.
19. Responsible actions regarding sexual behavior impact the 2.4.12.B.2 health of oneself and others.

## Scope and Sequence

<p><b>Unit 1 Your Health</b></p> <p><b>Unit Rationale:</b> Students will recognize the importance of maintaining their personal health and use health data to make predictions about wellness and recommend behavior changes to improve lifelong wellness.</p>
<p><b>Unit 2 Self-Esteem</b></p> <p><b>Unit Rationale:</b> Students will understand that it is important to employ strategies to improve communication and listening skills to effectively increase self-esteem. In addition, students will learn the importance of developing coping mechanisms and positive relationships.</p>
<p><b>Unit 3 Decision-Making</b></p> <p><b>Unit Rationale:</b> Students will recognize the importance of developing sound decision-making skills. Students will analyze the role that ethics and personal values play when making decisions.</p>
<p><b>Unit 4 Alcohol Abuse</b></p> <p><b>Unit Rationale:</b> It is critical for students to be able to make reliable and valid health information to access social situations and conditions that impact health and safety as related to alcohol use and abuse. Students will be able to summarize the impact of alcohol use and abuse on body systems and organs including the cardiovascular system, the liver, the reproductive system and the immune system.</p>
<p><b>Unit 5 Substance Abuse</b></p>

**Unit Rationale:** In this unit on Substance Abuse, students will be able to increase their awareness of substance abuse and steroids. Students will understand how people react differently to the variety of drugs being consumed/used. Furthermore, students will recognize safe alternatives as a means of maintaining a healthy lifestyle.

## **Unit 6 Human Reproductive System & Sexually Transmitted Diseases**

**Unit Rationale:** This unit will focus on the learning and development of skills in which students can use for the rest of their lives as it is very important that students and adults understand that sex and sexuality are not one in the same. The lessons of this unit focus on topics such as sexual anatomy, gender stereotypes, and personal values. In each of these lessons students will learn specific knowledge and a variety of different techniques and skills to help them overcome the obstacles of everyday life. Along with learning about sexuality students will also learn and practice valuable communication skills so they can effectively communicate with others. These communication skills can be used in relationships and friendships to solve problems or more effectively explain personal values and beliefs. They can also be used when talking to a partner about using contraception or abstaining for sex. These communication skills can even be used in the doctor's office to talk about sensitive or embarrassing topics to ensure that each individual gets the best health care possible.

## **Assessments**

Evaluation of student achievement in this course will be based on the following:

### **Marking Period Grades**

The Marking Period grade for each student will be calculated by: written tests and quizzes; teacher observation; class participation; student projects

### **Final Course Grade**

The final course grade for each student will be calculated by: written tests and quizzes; teacher observation; class participation; student projects; trimester exam

## **Curriculum Resources**

Textbook: N/A

Ancillary Resources: Please see individual resources throughout the curriculum units.

Instructional Resources: Please see individual resources throughout the curriculum units.

Technology Resources: Please see individual resources throughout the curriculum units.

## **Home and School Connection**

The following are suggestions and/or resources that will help parents support their children:

- <http://www.teenhealth.org/>
- <https://www.webmd.com/>
- <https://www.cdc.gov/>