

Course Title: HIGH SCHOOL HEALTH B	Course Description
<p>Course No. 4702 Grade level: 9-12</p> <p>Text and Resources: <i>Lifetime Health</i>, Part II; Holt</p>	<p>Course Value: *One Semester</p> <p>Credit Value: 1 - 5</p>
<p align="center">Course Content: Key Content Standards and Course Objectives</p>	
<p>The Overarching Health Education Content Standards</p> <p>Standard 1: Essential Health Concepts All students will comprehend essential concepts related to enhancing health.</p> <p>Standard 2: Analyzing Health Influences All students will demonstrate the ability to analyze internal and external influences that affect health.</p> <p>Standard 3: Accessing Valid Health Information All students will demonstrate the ability to access and analyze health information, products, and services.</p> <p>Standard 4: Interpersonal Communication All students will demonstrate the ability to use interpersonal communication skills to enhance health.</p> <p>Standard 5: Decision Making All students will demonstrate the ability to use decision-making skills to enhance health.</p> <p>Standard 6: Goal Setting All students will demonstrate the ability to use goal-setting skills to enhance health.</p> <p>Standard 7: Practicing Health-Enhancing Behaviors All students will demonstrate the ability to practice behaviors that reduce risk and promote health.</p> <p>Standard 8: Health Promotion All students will demonstrate the ability to promote and support personal, family, and community health.</p> <p>Emphasis for each standard will be on:</p> <ul style="list-style-type: none"> • Nutrition and Physical Activity • Growth, Development, and Sexual Health • Injury Prevention and Safety • Alcohol, Tobacco, and Other Drugs • Mental, Emotional, and Social Health • Personal and Community Health 	<p>A primary goal of the health education standards is to improve academic achievement and health literacy for all students in California. Four characteristics are identified as essential to health literacy. Health-literate individuals are:</p> <ul style="list-style-type: none"> • Critical thinkers and problem solvers when confronting health problems and issues • Self-directed learners who have the competence to use basic health information and services in health-enhancing ways • Effective communicators who organize and convey beliefs, ideas, and information about health issues • Responsible and productive citizens who help ensure that their community is kept healthy, safe, and secure <p>These four essential characteristics of health-literate individuals are woven throughout the health education standards.</p> <p>*Open entry/open exit</p>
<p align="center">Methods of Study</p>	<p align="center">Evaluation of Performance Standards</p>
<ol style="list-style-type: none"> 1. Students will complete all activities assigned. 2. Students will participate in discussion with other class members and/or teacher. 	<ol style="list-style-type: none"> 1. Students will complete all assignments with a minimum of 70% accuracy. 2. The supervising teacher will be satisfied with the quality of the student's work. 3. Letter grades are optional and require a higher level of performance.

HIGH SCHOOL HEALTH B
Course Outline: 4702

I. Textbook Assignment

Lifetime Health, Part II (5.0 credits)

- Read Chapters 11 – 21.
- Complete all Section Reviews including Using Key Terms, Understanding Key Ideas, and Critical Thinking.
- Complete only the following components of the Chapter Reviews:
 - Using Key Terms, Understanding Key Ideas
 - Understanding or Interpreting Graphics, Standardized Test Prep
 - (Omit the Activities and Action Plan in the Chapter Reviews)
- Complete at least one Extension Activity

II. Extension Activity Options: (All writing assignments should meet rubric EXP. HS standards)

- A. Write an essay incorporating **three areas** of “Building Character” from Chapters 11-21. See Writing Rubric Below.
- B. Complete **three** of the Real Life Activities from Chapters 11 - 21.

III. Evaluation

- See your teacher for a unit test.
- All writing assignments must meet the proficient level of the rubric provided by the teacher.
- All textbook work must meet 70% accuracy level for a “C” grade.