

**New Paltz Central School District
Health Education
High School
(One Semester Course)**

Time	Essential Questions/Content	Skills	Assessments
Throughout the Course	<p><u>Decision Making</u></p> <ul style="list-style-type: none"> • How do a person’s values and societies’ accepted norms impact decision making? • Decision making process • Decision making models • Refusal skills • Communication • Values • Accessing valid health information 	<ul style="list-style-type: none"> • Gather, synthesize, and evaluate available information to enhance health • Personalize risk of decisions to self and others • Assume responsibility for personal health decisions • Identify the steps in the decision making process • Identify who/what influences decisions • Employ refusal skills as appropriate 	
	<p><u>Planning and Goal Setting</u></p> <ul style="list-style-type: none"> • Personal health goals • Personal health plans 	<ul style="list-style-type: none"> • Develop personal health goals • Develop personal health plans • Analyze impact of decisions on personal health goals • Identify personal support systems • Assess, reflect on, and adjust personal health plan to maintain or enhance health 	<ul style="list-style-type: none"> • Personalized food pyramid • Essay: “How would my life change if...?”
	<p><u>Communication</u></p> <ul style="list-style-type: none"> • How do I get my point across without alienating others? • What does it mean to “seek first to understand and then be understood”? ----- • Communication techniques • Barriers to good communication • Relationship management 	<ul style="list-style-type: none"> • Listen to understand another’s point of view • Demonstrate healthy ways to express needs, wants, and feelings 	<ul style="list-style-type: none"> • Role playing • Written assignments

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1 Day	<p><u>Unit: Components of Health</u></p> <ul style="list-style-type: none"> • How much of my wellness is in my control? • How would my life change if I was not in good health? • How would my family's life change? <p>-----</p> <ul style="list-style-type: none"> • Definition of health and wellness • Body and mind interaction • Factors affecting wellness • Life expectancy and risk factors 	<ul style="list-style-type: none"> • Define health and wellness • Understand and describe the body-mind interaction 	<ul style="list-style-type: none"> • Personal assessment of own wellness
4 Days	<p><u>Unit: Planning/Goal Setting/Decision Making</u></p> <ul style="list-style-type: none"> • How are your decisions made? • What affects the decisions you make? • What effect do those decisions have on you, your family, and all parties involved? <p>-----</p> <ul style="list-style-type: none"> • Decision making models • Refusal skills 	<ul style="list-style-type: none"> • Define values • Write SMART goals • Understand and apply refusal skills 	<ul style="list-style-type: none"> • Journals • Personal mission statement • Parent interview • Role playing • Letter to a younger sibling
3 Days	<p><u>Media Literacy</u></p> <ul style="list-style-type: none"> • What are media? • What is media literacy? • Why is it important to be media literate? • How can I be media literate? • How can I use all forms of media to enhance my health? <p>-----</p> <ul style="list-style-type: none"> • Advertising • Health Scams • Decision Making • FDA • Cyber bullying • Internet safety 	<ul style="list-style-type: none"> • Analyze examples of advertising • Critically think about how media affects self image and therefore decision making • Critically analyze how cyber bullying can affect a person's SMEPS health • Develop strategies to counter cyber bullying • Develop strategies to protect self and use the Internet safely 	<ul style="list-style-type: none"> • Counter-ad • Health scam project

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1 Day	<p><u>Unit: Resource Validity</u></p> <ul style="list-style-type: none"> • How can I use the resources available to me to enhance/maintain my own health? <p>-----</p> <ul style="list-style-type: none"> • Validity of websites 	<ul style="list-style-type: none"> • Locate resources • Assess the validity of resources including websites 	<ul style="list-style-type: none"> • Report on five valid health Web sites
5 Days	<p><u>Unit: Disease Prevention-Nutrition/Physical Activity/Weight Control</u></p> <ul style="list-style-type: none"> • What foods are healthier for me? • How can I include these foods in my diet? • What foods are not the healthiest for me? • What can I replace those foods with? • What benefits will I receive from exercising? <p>-----</p> <ul style="list-style-type: none"> • Nutrient classes • Food pyramid • Reading food labels • Fad diets • Obesity • Sleep • Exercise 	<ul style="list-style-type: none"> • Assess food portions • Read food labels for nutritional value • Evaluate popular diets • Take and evaluate BMI • Assess own weight and health • Understand the importance of exercise and the mind/body relationship 	<ul style="list-style-type: none"> • Diet tracking • Sample menu • Personal food pyramid • Healthy Eating Tips information sheet
3 Days	<p><u>Unit: Chronic/Communicable Diseases</u></p> <ul style="list-style-type: none"> • How can I prevent a communicable disease? • How can I decrease my chances of developing a chronic/non-communicable disease? • What resources are out there and how can I use them to help myself keep healthy? <p>-----</p> <ul style="list-style-type: none"> • Immune system • Cancer 	<ul style="list-style-type: none"> • Identify ways to prevent disease • Locate appropriate resources for help • Know how to evaluate a doctor 	<ul style="list-style-type: none"> • Group activity – true/false communicable infection quiz • Pre assessment cancer quiz • Public Service Announcement

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3 Days	<p><u>Unit: Mental Health</u></p> <ul style="list-style-type: none"> • What is mental health and what influences mine? • How can I improve my mental health? • What are the signs/symptoms of a mental health disorder? • Where can I go and when should I go for help with regards to my and my friends'/family's mental health? <p>-----</p> <ul style="list-style-type: none"> • Signs of mental health problems • Mental health resources • Mental illnesses 	<ul style="list-style-type: none"> • Identify signs of mental health problems • Identify mental health resources 	<ul style="list-style-type: none"> • Journal writing • Role playing
2 Days	<p><u>Unit: Stress Management</u></p> <ul style="list-style-type: none"> • How does stress affect my health? • How can I reduce stress? <p>-----</p> <ul style="list-style-type: none"> • Physiological response to stress • Consequences of stress • Handling stress 	<ul style="list-style-type: none"> • Identify own stressors and responses to stress • Develop coping strategies 	<ul style="list-style-type: none"> • Journal writing • Stress worksheet packet • Time management project
7 Days	<p><u>Unit: Substance Use and Abuse</u></p> <ul style="list-style-type: none"> • What are the dangers of using and abusing drugs and alcohol? • How can I avoid these substances? • How can I keep myself and others safe from their harmful effects? • How, where, and when is it time to obtain help for either myself or another person who is using drugs/alcohol? <p>-----</p> <ul style="list-style-type: none"> • Introduction to drugs • How drugs interact with the brain • Addiction • Getting help • Alcohol • Date rape drugs • Tobacco 	<ul style="list-style-type: none"> • Identify resources for help with drug/alcohol problems • Apply refusal skills • Manage stress 	<ul style="list-style-type: none"> • Journal writing • Student created quiz • Report on questions from Go Ask Alice • Drug chart

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8-9 Days	<p><u>Unit: Human Sexuality/Parenting</u></p> <ul style="list-style-type: none"> • What is sexual health? • How can I maintain/improve my sexual health? • How would having a baby impact my and others' lives <p>-----</p> <ul style="list-style-type: none"> • Gender differences • Love/healthy relationships • Male and female anatomy • Contraception • STDs/HIV/AIDS • Abortion/Adoption/Pregnancy/Parenting • Sexual violence 	<ul style="list-style-type: none"> • Assessment and proper use of contraception • Know how to recognize and seek treatment for STDs • Know when and where to seek help in an abusive relationship • Identify resources available/needed if I or my partner were to become pregnant • Identify factors that influence the development of a child (including prenatal factors) 	<ul style="list-style-type: none"> • Anatomy project • Contraception Public Service Announcement • STD pamphlet • Journal writing <ul style="list-style-type: none"> ○ What goes into caring for a baby? ○ How would my life change (social, mental, emotional, physical)? ○ Who else's life would be impacted by a baby?
	<p><u>Unit: CPR and First Aid</u></p> <ul style="list-style-type: none"> • • • <p>-----</p> <ul style="list-style-type: none"> • • • 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> •
1 Day	<p><u>Unit: Sustainability</u></p> <ul style="list-style-type: none"> • How do my actions impact our earth? • What can I do to have a more positive impact on the earth? <p>-----</p> <ul style="list-style-type: none"> • Resource consumption • Carbon footprint 		<ul style="list-style-type: none"> • Journal writing • Global Warming Survival Guide