

Teacher(s):
Time:

The Course Organizer

Student:
Course Dates: **MP: 1 2 3 4**

This Course: **Health II**

is about Students applying the knowledge gained from health education I to develop an understanding of major health concepts and issues in their surroundings. Topics to be explored include; nutrition, chronic disease and consumer health, environmental health, and injury prevention and First Aid/CPR

Course Questions:

1. How could your education about community resources for health ultimately increase your wellness?
2. Why is it important to have the knowledge on how to evaluate proper health care coverage and doctors?
3. How can you adapt your lifestyle in order to decrease the likelihood of contracting chronic diseases?
4. Why is it important to be able to respond in emergency and nonemergency situations and how can you recognize that an emergency exists.
5. Why should exercise and nutrition be practiced together for optimal overall wellness?
6. How is body image influenced by the media and what are strategies you can use to ensure a healthy relationship between eating and the body?
7. How can we do our part as a citizen to decrease air, water and noise pollution in our environment?

"Suggested"

What? How?
Formative (40%)

Summative (60%)

Course Materials Needed:

- Binder
- Tab Dividers

Course Map

This Course:

Health II

Student:

includes

○ Community Principles

- PBIS
- Respect
- Voice
- Teamwork
- Diversity
- Cooperation
- Tolerance

○ Learning Rituals

- warm up activity
- daily lesson/notes
- unit organizers
- self questioning
- learning expressways
- class problem solving
- inquiry based learning

○ Performance Options

- Peer/small group work
- extended work time
- graphic organizers
- structured reviews
- flash cards
- questioning options
- color coded papers
- organized binders/folders

○ Critical Concepts

- Nutrients
- Food guide pyramid
- Food borne illness
- Eating disorders
- Environmental issues
- Pollution
- CVD
- Diabetes
- Cancer
- Asthma/Allergies
- Health Insurance
- Health careers
- Health practitioners
- CPR
- recognizing emergency

○ Learned in these Units

Nutrition

Environmental Health

Chronic Disease & Consumer Health

Injury Prevention & First Aid/CPR