

CHERRY HILL PUBLIC SCHOOLS
Cherry Hill, New Jersey

COURSE OUTLINE – 9TH GRADE HEALTH

I. GENERAL INFORMATION

- a) **Title: Health Education**
- b) **Grade Level: Ninth Grade**
- c) **Prerequisite: None**
- d) **Credits: Two and One half (2.5)**
- e) **Approval Date: 4/89, Revised 2/21/91, revised 6/24/97, 7/1/99**
- f) **Written: Ira Kosloff, Bob Hulme, Phil Frank, Sue Schooley**

II. PURPOSE

a. Description:

The freshman health curriculum consists of an introduction to the nature of health with concentration in the area of mental well being, violence prevention, anger management, a review of general first aid and CPR procedures, and a study of human reproduction and contraception.

b. Course Goals:

1. To understand the nature of health and physical education and how it relates to one's physical, mental and social well being. 2.1.15, 16; 2.314; 2.6.10, 11; 2.212, 13; 2.5.11
2. To recognize the personality as the foundation of good mental health by studying the methods of coping with stress, understanding defensive behaviors (including the ego defense mechanisms), and appreciate the nature of mental illness. 2.1.15; 2.1.16; 2.2 15-17; 2.3. 12-16; 2.4 14-16; 2.5.11; 2.6.10
3. To develop, practice, and demonstrate practical skills needed to administer to common first aid emergencies including CPR. 2.1.15-20; 2.2 12; 2.2.13; 2.3.15
4. To review the main aspects of the male and female reproductive systems. 2.4.5
5. To understand the choices available regarding sexual behavior (e.g. abstinence and/or postponement). 2.1.15, 18, 20; 2.2.16; 2.4, 14-20
6. To differentiate between mechanical and chemical means of birth control. 2.1.17; 2.4.19; 2.4.20
7. To recognize the signs and symptoms of sexually transmitted diseases including AIDS. 2.1.15, 18, 20, 2.2.16 2.4. 14.20
8. To discuss the roles of health professionals in the prevention, care and treatment of individual, community and world wide health problems. 2.1.17, 18; 2.2.13, 16; 2.3.16
9. To encourage students to change the norms that promote and perpetuate violence. CWR 2.2 10 HPE 2.2.8; HPE 2.2.9; 2.1.19, 20; 2.4.18
10. To address factors that put students at risk for becoming involved with violence. CWR 2.1.20; HPE 2.2.10; HPE 2.2.8; 2.1.19; 2.4.18

III. STUDENT OBJECTIVES

a. Content

- a. To understand how health information can improve the quality of ones life. 2.1; 2.2; 2.3; 2.4; 2.5; 2.6
- b. To recognize the relationship of physical education to ones health. 2.1.15 – 20; 2.2.12 – 17; 2.3; 2.5; 2.6
- c. To learn the fundamentals of emergency first aid and CPR. 2.1.15 – 20; 2.2.13, 15, 16; 2.3.14; 2.6.11
- d. To review the male and female reproductive systems. 2.4.15
- e. To learn the basics of birth control including abstinence and postponement. 2.4.15, 16, 17, 20

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- f. To learn the signs and symptoms of sexually transmitted diseases. 2.1.15, 18, 20; 2.2.16; 2.4.14 – 20**
 - g. To learn the fundamentals of dealing with stress in everyday life. 2.1.15, 16, 19, 20; 2.2.13, 14, 15, 16; 2.3.14, 15; 2.5; 2.6**
 - h. To be able to recognize and locate the parts of the reproductive system. 2.4.15**
 - i. To learn kinds of mental disorders. 2.1.15**
 - j. To help students understand that controlling anger and violence is part of maturing. HPE 2.1.19; HPE 2.2.7; HPE 2.4.14**
 - k. To familiarize students with non-violent alternatives to prevent or avoid violent situations. 2.1.19; 2.2.7; 2.4.14**
- b. Skills**
- 1. To practice the basic first aid techniques and CPR 2.1.15, 19; 2.2.13; 2.3.14; 2.5; 2.6**
 - 2. To practice reducing stress. 2.1.15, 16; 2.2.14 – 17; 2.3.12, 13, 15; 2.4.14 – 19; 2.5; 2.6**
 - 3. To enable student to identify positive ways to express anger and encourage students to think about alternatives to violence in conflict situations. CWR 2.5.11; HPE 2.2.7; HPE 2.2.8; HPE 2.2.10**
 - 4. To identify the chain of infection for sexually transmitted diseases. 2.1.15, 18, 20; 2.2.16; 2.4. 14-20**
- c. Affective**
- 1. To feel confident in assisting the injured or ill. 2.1.15, 19; 2.2.13; 2.3.14; 2.5; 2.6**
 - 2. To be informed so as to make personal choices. 2.1; 2.2; 2.3; 2.4; 2.5; 2.6**
 - 3. To have increased interest and awareness of personal choices 2.1; 2.2; 2.3; 2.4; 2.5; 2.6**
 - 4. To assist students in learning that anger is a normal part of life and that anger can be expressed and channeled in healthy, constructive ways. HPE 2.2.8; HPE 2.2.14**
- d. Careers 2.1.17, 18; 2.2.13, 16; 2.3.16**
- 1. To broaden the knowledge of career opportunities**
 - 2. Review careers in first aid and CPR, psychology, preventative medicine and other health areas**
 - 3. To learn about professions in the health field**
 - 4. To be able to identify health professionals according to name and role**
- e. Affirmative Action**
- 1. To share responsibilities with males and females 2.4, 14-20**
 - 2. To explain career opportunities for everyone 2.1.17.18; 2.2.13, 2.3.16**
 - 3. To discuss personality similarities 2.4.14-20**
 - 4. To share responsibilities to challenge the norms that underlie violence 2.1.20; 2.2.14,15; 2.3.15; 2.4.18; 2.6.10,12**

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IV. Course Outline (200 minutes a week for 18 weeks)

A. What is Health:

- 1. Definition of Health and Physical Education**
- 2. Choosing Wellness**
- 3. Components of Well Being**
 - a. Physical Wellness**
 - b. Mental Health**
 - c. Social Health**
- 4. Major Health Hazards**
- 5. Taking Control of Your Health**
 - a. The Holistic Approach (e.g. Fitness through PE)**
 - b. Medical Specialists**
 - c. Today's Diseases**
 - d. Drug Reform Act**

B. Personality:

- 1. The Healthy Personality**
 - a. Interpersonal Relationships HPE, 2.2.7; HPE 2.2.8**
- 2. Your Emotions**
 - a. Nature of Emotions**
 - b. Basic Emotions**
 - c. Coping with Your Emotions**
 - d. Anger Management HPE 2.2.7**
- 3. Stress**
 - a. Nature of Stress**
 - b. How Stress Affects Your Body**
 - c. Stress and Behavior**
 - d. Coping with Stress**
 - e. Dangers of Steroids**
 - f. Problem Solving HPE 2.2.7; 2.2.8**
 - g. Critical Thinking HPE 2.2.7; 2.2.8**
 - h. Decision Making HPE 2.2.7; 2.2.8**

4. Mental Well Being

- 5. Mental Disorders**
 - a. Kinds of Mental Disorders**
 - b. Suicide**
 - c. Treating Mental Disorders**

C. Family Life

- 1. Human Sexuality**
 - a. Male Reproductive System**
 - b. Female Reproductive System**
- 2. Teen Pregnancy**
 - a. Responsibility to Yourself**
 - b. Responsibility to Your Family**
 - c. responsibility to Your Friends**
 - d. Responsibility to Your Community**
- 3. Contraception**
- 4. AIDS and Other Sexually Transmitted Diseases (STD)**
 - a. Silent Epidemic**
 - b. Types of STD's**
 - c. AIDS**
 - 1. What is AIDS**
 - 2. Who gets AIDS**
 - 3. Fears and Myths**
 - 4. Symptoms**
 - 5. Transmission**
 - 6. Prevention Measures**
 - 7. Community Responsibilities**
 - 8. Latest Research**
- 5. Family Violence as Contribution to Violence in Society HPE: 2.2.8; HPE 2.2.10, HPE 2.2.14**

D. General Principals of First Aid and CPR

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V. SUPPLEMENTARY INSTRUCTIONAL MATERIAL (*Indicates Family Life Medical Education Material)

a. Filmstrips/Slides:

- 1. "Poisoning" – Guidance Associates**
- 2. "Bleeding" – Guidance Associates**
- 3. "Shock" – Guidance Associates**
- 4. "Fractures" – Guidance Associates**
- 5. "Burns" – Guidance Associates**
- 6. "Rescue and Transfer" – Guidance Associates**
- 7. "Heimlich Maneuver" – Paramount Communications**
- 8. "The Addictive Personality" – Guidance Associates**
- 9. "Family Violence" – AVNA**
- 10. * "Teenage Birth Control: Why It Doesn't Work" – Guidance Associates
Stresses the need for Abstinence**
- 11. "Holistic Health" – Human Relations Media**
- 12. "What is Your Health Hazard" – Human Relations Media**
- 13. "Suicide: Who Will Cry for ME" – AVNA**
- 14. "Dealing with Stress" – Sunburst**
- 15. "Your Emotions: The Coping Process" - Sunburst**
- 16. "Origins of Mental Illness" – IBIS Media**
- 17. "Ego Defense Mechanisms" – Human Relations Media**
- 18. * "The Truth About AIDS" – Educational Dimensions - Introduction to the
basic facts relating to AIDS**

b. Films:

- 1. "Here's To Your Health: Burns" – Public Broadcasting Co.**
- 2. "Reading, Writing, Refer"- NBC Reports (East Media)**
- 3. "Impact: Stress" – Public Broadcasting Co.**
- 4. " On The Level" (Series) – Public Broadcasting Co.**
- 5. "Family of Winners" – NJ State Film Library**
- 6. "Steroids"**
- 7. Non-Family Life Films From Camden County Film Library**
- 8. American Red Cross: First Aid and CPR**

c. Videos:

- 1. H-118 "To Your Health – Emergency First Aid"**
- 2. H-14 "The Incredible Machine"**
- 3. H-29 "Human Growth"**
- 4. "Sexual Responsibility" – Stresses decision making for the teenage boy and
girl. Stresses the need for verbal communication.**
- 5. "Dating, Sex and Trouble"- Relates situations of teenagers dealing with
sexual assault in the context of dating relationships.**
- 6. "In Real Life: Sexual Harassment in Schools" – Stimulates discussion
and questions concerning harassment.**
- 7. "Choosing to Wait" – explore dilemmas about "having sex". Young people are
placed into realistic situations relevant to teens.**
- 8. "Get Real About Violence"**
- 9. American Red Cross: First Aid and CPR**

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d. Guest Speakers

- 1. Psychologist – “What is Mental Health”**
- 2. Psychologist – “Dealing With Stressful Situations”**
- 3. Nutritionist – “The Health and Well Being”**
- 4. Drug Rehabilitation Program – “Drugs Are Not a Healthful Answer for Coping With Stress”**
- 5. Medical Doctors – “The Nature of my Professions Is...?”**
- 6. Alcoholic Anonymous – “The Effects of a Wrong Decision”**
- 7. Guidance Counselors – “Coping with Academic Stress”**
- 8. Sports Psychologist – “Exercises and Well Being”**
- 9. Mental Health**
- 10. Drug Rehabilitation**
- 11. Gynecologist and/or Urologist – Current health issues**
- 12. Alcohol Recovery**
- 13. Violence Prevention – Curriculum for Adolescents**

e. Resource

- 1. “Violence Prevention – Curriculum for Adolescents**
- 2. “American Red Cross First Aid and CPR”**

f. Audio

- 1. “Shooting in Three Parts”**

g. Text Books

- 1. Making Life Choices, West Publishing**
- 2. Health, Glencoe**

VI. STANDARDS

- a. All students will pass a departmental midterm/ final exam.**

VII. PROGRAM EVALUATION

a. Analysis of:

- 1. Tests**
- 2. Exams**
- 3. Student Surveys**
- 4. Group Work**
- 5. Projects**