

**CHERRY HILL PUBLIC SCHOOLS**  
Cherry Hill, New Jersey

**COURSE OUTLINE – 11<sup>TH</sup> GRADE HEALTH**

**I. GENERAL INFORMATION**

- a) **Title: Junior Health Education**
- b) **Grade Level: Eleventh Grade**
- c) **Prerequisite: None**
- d) **Credits: 2.5 Credits**
- e) **Approval Date: August 1985; Revised 1995**
- f) **Written: Bob Hulme, Ira Kosloff, Phil Frank, Sandy Kowal, Sue Schooley**

**II. Purpose**

**a. Description:**

The junior health curriculum consists of four areas of study: drug education, fitness and nutrition, aging death, and dying, and family life education.

**b. Course Goals:**

- 1. **To become aware of the social pressures that are associated with alcohol and tobacco use, misuse and abuse. 2.1; 2.2; 2.3**
- 2. **To recognize the effect that the interaction of smoking, drinking, and eating habits have on our longevity. 2.1; 2.2; 1.3**
- 3. **To appreciate and recognize the role that health care services play in maintaining individual and community well being.**
- 4. **To understand and appreciate the impact and effect of disease on the individual, the family, and the community. 2.1.15-18**
- 5. **To review the information on the male and female reproductive systems; conception/contraception, abstinence and to understand the increasing effects of sexually transmitted diseases on our society.**
- 6. **To discuss the roles of health professionals in the prevention, care and treatment of individual, community, and worldwide health problems. 2.1.17, 18; 2.2.16; 2.3.16; 2.4.20**
- 7. **To become familiar with the aging process including death as part of the life cycle. 2.1; 2.2; 2.3; 2.4.15,16,18; 2.5; 2.6**

**III. STUDENT OBJECTIVES:**

**a. Content:**

- 1. **To review the problems related to drug misuse and abuse. 2.1;2.1;2.3**
- 2. **To learn the dangers related to tobacco use. 2.1; 2.1; 2.3**
- 3. **To learn the relationship of diet, exercise and weight control. 2.1.15, 16, 20; 2.2.12, 15 15, 16, 17; 2.3.13, 14; 2.5.11; 2.6**
- 4. **To learn how to effectively select health products and services. 2.1.17; 2.2.12; 2.3.13, 16; 2.4.20**
- 5. **To review the male and female reproductive systems, conception, contraception and abstinence. 2.1.15, 16; 24**
- 6. **To review the diseases associated with sexuality. 2.1.15, 16; 2.4**
- 7. **To become familiar with the aging process including death as part of the life cycle. 2.1; 2.2; 2.3; 2.4.15,16,18; 2.5; 2.6**

**b. Skills:**

- 1. **To be able to select a worthwhile health product. 2.1.17; 2.2.12; 2.3.13,16; 2.4.20**
- 2. **To be able to develop a healthful diet. 2.1.15,16,20; 2.2.12,13,15,16,17; 2.3.13,14,15; 2.5.11; 2.6**
- 3. **To be able to develop a personal exercise regimen. 2.5; 2.6**
- 4. **To be able to recognize the dangers associated with drugs, alcohol, and tobacco. 2.1; 2.2; 2.3**

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- 5. To be able to recognize the grieving process. 2.1.15,16,18; 2.2.15**
- 6. To be able to recognize the reproductive anatomy and understand the processes of conception and contraception as well as sexually transmitted diseases. 2.1.15, 16; 2.4.**

### **c. Affective:**

- 1. To become informed as to make healthful decisions related to the use, misuse, and abuse of health products. 2.1; 2.2; 2.3; 2.4.19**
- 2. To have increased interest and awareness of personal diet and nutrition needs. 2.1.15,16,20; 2.2.12,13,15,16,17; 2.3.13, 14, 15; 2.5.11; 2.6**
- 3. To feel confident in one's knowledge of the human reproductive process. 2.1.15,16; 2.4**
- 4. To become informed as to the changes that can take place as one ages. 2.1; 2.2; 2.3; 2.4.15 16, 18; 2.5, 2.d**

### **d. Careers: 2.1.17,18; 2.3.16,17, 2.4.20;2.5; 2.6**

- 1. To become knowledgeable of career opportunities in the health services field.**
- 2. Review careers in preventive medicine, exercise, nutrition, and other health fields.**

### **e. Affirmative Action: 2.1.17,18,20; 2.2.13,14,15,16; 2.3.15; 2.4.14-20**

- 1. Sharing the responsibilities male/female**
- 2. Stress the values of male/female relationships in the family**
- 3. Recognizing individual differences**

## **IV. COURSE OUTLINE**

### **a. Drug Education**

- 1. Drug Use and Abuse**
- 2. From Use to Abuse**
- 3. Psychoactive Drugs**
- 4. Alcohol Education**
- 5. Smoking and Health**

### **b. Fitness and Nutrition**

- 1. Proper Diet**
- 2. Nutritional Needs**
- 3. Weight Control/Body Composition**
  
- 4. Physiology of Exercising and Dieting**
- 5. Fatigue, Rest, Relaxation and Sleep**

### **c. Health Issues**

- 1. Rising cost of healthcare**
- 2. Selecting health products and services**
- 3. Aging and dealing with death**
- 4. Depression/Suicide**

### **d. Family Life**

- 1. Review of reproductive system**
- 2. Contraception**
- 3. Sexually transmitted diseases (STD)**
- 4. AIDS**
  - a. What is AIDS?**
  - b. How is AIDS spread?**
  - c. Who can get AIDS?**
  - d. Prevention**
  - e. Cures and Treatments**

## **V. SUPPLEMENTARY INSTRUCTIONAL MATERIAL (\*Family Life Material)**

### **a. Filmstrips**

- 1. "If you Smoke: - Human Relations Media**
- 2. "Feminine Mistake" – Media Five**
- 3. "Marijuana Update: - Sunburst**
- 4. "Physiology of Exercise" – Sunburst**
- 5. "For the Sake of Your Heart" – AVNA**
- 6. "How to Buy a Doctor: - AVNA**
- 7. "American's Aged" – Current Affairs**

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- 8. “Death and Dying” – Center for the Humanities**
- 9. “Living with Dying” – Center for the Humanities**
- 10. “Health Care, Can we Afford to Get Sick” – NY Times**
- 11. “How to Stop Smoking” – Sunburst**
- 12. “The Dynamics of Fitness” – Human Relations Media**
- 13. “The Death of a Friend: - Sunburst**
- 14. “Sexually Transmitted Diseases” – Guidance Associates**

### **b. Films**

- 1. Pleasure Drugs”**
- 2. \* “The Sexes” – CBS Reports – Report talking about the way young people meet and Socialize**
- 3. “Off Your Duff” – PBS**
- 4. “Chiropractic Care” – Dr. Monakian**
- 5. “Joan Robinson: Terminally III” – PBS**
- 6. “To Be a Doctor” – PBS**
- 7. \* “CBS Reports – Boys and Girls Together: - East Media- A look at how boy-girl Relationships have changed in recent years**
- 8. \* “AIDS- Can We Stop It” – Films for the Humanities**
- 9. \* “A Letter to Brian” – American Red Cross – Discusses the misconceptions on how AIDS can be transmitted**

### **c. Guest Speakers**

- 1. Substance Abuse**
- 2. Jamesburg**
- 3. Childbirth**
- 4. Teen Moms**
- 5. Depression/Suicide**
- 6. Anorexia**
- 7. AIDS**

## **VI. STUDENT EVALUATION**

- a. All students will pass a departmental midterm and final exam.**
- b. Class Participation**
- c. Class Attendance is critical, particularly when outside speakers are Involved.**
- d. Speaker Summaries**
- e. Notebook**
- f. Projects/Homework**

## **VII. PROGRAM EVALUATION**

- a. Grade Analysis**
- b. Teacher Survey**
- C. On going curriculum evaluation**
- d. Student survey**
- e. Post graduate survey**