

Course: Health
Grade: 10
Texts: Glencoe Health: A guide to Wellness by Merki and Merki
Student Activity Workbook

1. Overall Objectives

- a. The providing of health information in such a way that it influences people to take positive action about their health.
- b. To improve students total physical, mental, and social well being.

2. Topics – Content

- a. *Communicable Disease: (2 weeks)*
Differentiate among the disease-causing microorganisms
Describe the body's defense against disease
Explain the infectious disease process
Identify symptoms and treatment of common infectious diseases
Describe preventive measures of common infectious diseases
- b. *Sexually Transmitted Disease (STD'S) (2 weeks)*
Define the term STD
Identify and describe the symptoms and treatments for the most serious STD's
Identify the serious complications of each STD, if not treated
Discuss the importance of seeking medical attention
Identify how the spread of STD's can be prevented
View STD's as a serious threat to one's total health
Facts about pregnancy
Discuss the social consequences of teen pregnancy
- c. *Non-communicable Diseases and Disorders (3weeks)*
Describe how one's life-style relates to chronic and degenerative diseases
Describe hypertension as a silent, mysterious killer
Define and describe atherosclerosis
Explain what happens when a person has a heart attack
Explain how cancer develops
Describe cancer symptoms and treatments
Define diabetes
Describe arthritis
- d. *Wellness and Mental Health (1week)*
Describe the characteristics of good mental health
Explain how self-concept develops
Explain how an expression of emotions affects one's mental and physical health
Describe a basic method for solving problems

- e. *Managing Stress in Your Life* (1 week)
Distinguish between stress and distress
Identify stresses in daily life
Explain the relationship of changed to stress
Relate excess stress to disease
List skills in managing time
- f. *Mental Disorders and Mental Health* (1 week)
Define organic and functional mental disorders
Describe signs of suicidal behavior and ways to help prevent suicide
Explain what alienation and its effect mean
List various therapies that mental health professionals can practice
- g. *The Circulatory and Respiratory Systems* (3 weeks)
Describe the anatomy and the function of the heart
Explain what blood pressure is and how it is measured
Names some illnesses of the circulatory system
Explain the process of respiration
Explain the anatomy and the functions of the respiratory system
Name some illnesses of the respiratory system
- h. *Tobacco – Pick Your Poison* (1 week)
Identify the health risks related to smoking
Describe the effects of smoking on the body
Describe the effects of cigarette smoke on a nonsmoker
Explain the health problems associated with smokeless tobacco
- i. *Alcohol – A Risk to your Well-being* (2 weeks)
Explain the effects of alcohol on the body
Describe what happens to alcohol when one takes a drink
Explain what is meant by fetal alcohol syndrome – FAS
List reasons why young people drink and do not drink
Describe the stages of alcoholism
Explain what kind of help is available
- j. *Drug Abuse and Illegal Drugs* (2 weeks)
Differentiate between drug use, misuse, and abuse
Explain the effects of stimulants and depressants
Describe the effects of narcotics and hallucinogens on the body
Identify the health risks of marijuana
Explain the problem of inhalants, look-alike and designer drugs
List alternatives to drug abuse
- k. *Parenting Education* (2weeks)
Students will understand roles and responsibilities of parenting
Identify the major events of the family cycle
Students will be able to identify traits of a healthy family and use
Support systems and services when necessary
Identify reasons why teenage marriages have difficulty

OUTSIDE HEALTH AGENCIES

Wayne County Public Health Service – Lyons, NY
Wayne County STOP/DWI Program – Lyons, NY
East Hill Family Medical – Wayne County
Crisis Pregnancy Center – Palmyra, NY
Newark Developmental Center – Newark, NY
Lyons Police Department
New York State Troopers
Even Start – Teen Pregnancy – Wayne County
Finger lakes Donor Recovery Network – Rochester, NY
American Cancer Society
Red Cross
AIDS Rochester
Alliance for the Mentally Ill of New York State
School Nurse, School Psychologist, Student Counseling and Guidance Office

MAGAZINES

Current Health 2-Weekly Reader Corporation
Human Sexuality Supplement to Current Health

PROGRAMS AND VIDEOS

Changing Channels	Talks Tobacco
What's Wrong with Inhalants?	You Would If You Loved Me/Parts 1 & 2
Dangerous Relationships	Slam!
Hurting with Words	Anger/Emotions
Relationships: Good/Bad	Child Abuse
Too Smart To Start	Sexual Harassment
...And Down Will Come Baby	Facing AIDS
Update: STD's	Dealing With It
Teenage Father	Vaginal Yeast Infections
No Means No	Considering Condoms
Using Abstinence	The Blame Game
Kids Having Kids	Dangerous Game
Date Rape	Systems of the Human Body
Miracle of Life	
Sprains and Strains	
Mystery Lights of Navajo Mesa	
Fears, Phobias, Obsessions	
First Aid	
Cancer/Hope	