

Lancaster High School Health Education

Essential Questions:

EQ1- What can you do to improve your overall health?

EQ2 – What do I need to be healthy for a lifetime to come?

EQ3 – How does personal health decisions affect subsequent decisions?

EQ4 – How do you assume responsibility for personal health decisions?

EQ5 – How can I reduce my health and safety risks?

Content	Focus Questions	Vocabulary	Skills & Resources	Assessments	NYS Standards
Health and Wellness <ul style="list-style-type: none"> Health Triangle Personal Assessment Goal Setting Advertising 	A1. What are the three components of the health triangle? A2. In what area(s) can I improve my health? A3. What is your personal health goal?	Health, Goals, Wellness, Advocacy, Health Literacy, Heredity, Values, Action Plan, Risk Factor	SM.I.1 SM.I.2 SM.I.3 SM.I.4 SM.I.5 SM.I.6 SM.I.8-Goal Reward		ORH.C.2 UI.C.6 & VP.C.12 ORH.C.3
Mental and Emotional Health <ul style="list-style-type: none"> Stress Management Mental/Emotional Disorders Suicide Prevention 	B1. What are stressors? B2. How does stress affect the body? B3. How do you cope with stress? B4. What are some common mental and emotional disorders? B5. Where can you seek help for mental health disorders? B6. What are the treatments for mental health disorders? B7. What are some signs of a person at risk for suicide?	Stress, Stressor, Eustress, Distress, Fight-or-Flight Response, Resilience, Mental Rehearsal, Biofeedback, Progressive Relaxation, Mental Disorder, Anxiety Disorder, Phobia, OCD, Mood Disorder, Depression, Schizophrenia, Personality Disorder, Anorexia Nervosa, Bulimia, Cutting, Suicide, Psychiatrist, Neurologist, Clinical Psychologist, Psychiatric Social Worker, Drug Therapy	ST.C.1 ST.C.2 ST.C.3 ST.C.4 ST.C.5 ST.C.6 ST.C.7 ST.C.8		TB.C1 AOD.C.12 PAN.C.8 PAN.C.9 VP.C.2
Social Health <ul style="list-style-type: none"> Family Relationships Communication Skills Dating/Violence in relationships 	C1. How do you develop and maintain healthy relationships? C2. How can you communicate effectively? C3. What are the signs of a healthy vs. unhealthy dating relationship? C4. Where can you seek help?	Communication, Passive, Aggressive, Assertive, Dating Violence, Cycle of Violence, Date Rape	RM.C.1- Assessment RM.C.2 RM.C.3 RM.C.4 RM.C.5 RM.C.6 RM.C.7 RM.C.8 RM.C.9 CM.C.8 CM.C.1 CM.C.2 CM.C.3 CM.C.4 CM.C.5 CM.C.6	Friendship Worksheet	FLS.C.1-10 VP.C.10 VP.C.11
Violence Prevention <ul style="list-style-type: none"> Anger Management Hazing 	D.1 What are the proper ways of dealing with anger?	Harassment, Cyber-Bullying, Hazing, Sexual Harassment, Prejudice, Stereotype,	SM.I.7		VP.C.1 VP.C.3 VP.C.5

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<ul style="list-style-type: none"> Sexual Harassment Sexting/Internet Safety 	D.2 What are the dangers of hazing? D.3 What are the types of sexual harassment?	Intolerance, Discrimination, Vandalism, Mediation			VP.C.6 VP.C.7 VP.C.8 VP.C.9 VP.C.13
Nutrition <ul style="list-style-type: none"> Six essential nutrients MyPyramid Food Labels Weight Management 	E1. What are the important functions of the six essential nutrients? E2. How can the MyPyramid plan work for me? E3. How to compare food labels? E4. What type of diet will help manage my weight?	Nutrient, Metabolism, Calorie, Carbohydrate, Fiber, Fat, Protein, Vitamins, Minerals, Water, Amino Acids, Fat-soluble, HDL, LDL, Saturated, Unsaturated, Trans-fat, Antioxidants, Anemia, homeostasis, electrolytes, dehydration, Dietary Guidelines for Americans, Nutrient Dense Foods, MyPyramid Plan, Basal Metabolic Rate, Body Composition, BMI, Obesity, Fad Diet, Food Allergies, Food Intolerance, Carbohydrate Loading			PAN.C.3 PAN.C.8
Physical Fitness <ul style="list-style-type: none"> Benefits Dangers concerning the lack of physical activity Fitness components Exercise Routines Steroid abuse Injury prevention Basic First Aid 	F1. What are the benefits of physical fitness? F2. What are the dangers for lack of physical activity? F3. What are the components of fitness? F4. Why are exercise routines important? F5. What are the dangers of performance enhancing drugs? F6. How can I prevent and treat sports injuries? F7. How can I do basic first aid?	Aerobic, Anaerobi, muscle strength, muscle endurance, cardio-respiratory, endurance, flexibility, target heart rate, phases of exercise, hydration, steroids, RICE, strain, sprain, tendonitis, fractures, compound fractures, dislocation, emergency action plan, universal safety precautions, shock, rescue breathing, CPR			PAN.C.1 PAN.C.2 PAN.C.4 PAN.C.5 PAN.C.6 PAN.C.7 ORH.C.4
Diseases (non-communicable) <ul style="list-style-type: none"> Cancer-Skin Cancer Cardiovascular Disease Asthma Diabetes Arthritis 	G1. What are some common types of cancer? G2. How can someone lessen the risks of contracting certain types of cancer? G3. What are the treatments for cancer? G4. What are the causes of cardiovascular disease? G5. How to lessen the risk for cardiovascular disease? G6. What are the signs of asthma? G7. How is asthma treated? G8. What are signs and types of diabetes? G9. How can diabetes be treated and/or prevented? G10. What are the signs, symptoms, and treatments for arthritis?	Chronic disease, cardiovascular disease, stroke, heart attack, AED, atherosclerosis, hypertension, arrhythmia, aneurysm, pacemaker, MRI, ECG, angioplasty, asthma, cancer, diabetes, arthritis, tumor, malignant, benign, metastasis, carcinogen, biopsy, radiation therapy, chemotherapy, insulin, allergy, histamine, allergen			
Tobacco <ul style="list-style-type: none"> Types Effects of smoking on the body How to quit smoking 	H1. What are the types of tobacco? H2. How does tobacco affect the body? H3. What are ways to stop using tobacco?	Nicotine, tar, smokeless, carbon monoxide, COPD, chronic bronchitis, emphysema, leukoplakia, mainstream smoke, sidestream smoke, secondhand smoke, nicotine substitutes	CM.C.7		TB.C.2 TB.C.5 TB.C.3 TB.C.4

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<ul style="list-style-type: none"> Smoking and pregnancy 	H4. How does tobacco affect an unborn child?				
Alcohol <ul style="list-style-type: none"> Types of drinks Effects of alcohol on the body Alcoholism Treatment Drinking and Driving Drinking during pregnancy 	I1. How much alcohol is in a drink? I2. What are the effects of alcohol on the body? I3. What can affect your B.A.C? I4. What are the signs, symptoms, and treatments for alcoholism? I5. How is alcoholism treated? I6. What are the dangers of drinking and driving? I7. How can alcohol effect the unborn child?	Alcohol, alcoholism, ethyl alcohol, fermentation, zero-tolerance policy, intoxication, blackout, BAC, hangover, DWI, DWAI, binge drinking, overdose, FAS, cirrhosis, tolerance, dependence, addiction, detoxification, withdrawal, rehabilitation.	CM.C.7		AOD.C.1 AOD.C.5 AOD.C.6 AOD.C.7 AOD.C.9 AOD.C.10 AOD.C.14 AOD.C.15 VP.C.5 AOD.C.2 AOD.C.3 AOD.C.8 AOD.C.11 AOD.C.4 UI.C.1 UI.C.2 AOD.C.13
Other Drugs & Substances <ul style="list-style-type: none"> Types Effects 	J1. What are the main types of drugs and their effects on the body.	OTC, prescription drugs, medicine, illegal drug/ illicit, drug misuse, drug abuse, side effect, drug antagonism, drug synergism, depressant, stimulant, barbiturates, opiate, heroin, amphetamines, methamphetamine, cocaine, hallucinogen, marijuana, club drugs, inhalant	CM.C.7 CM.C.9		AOD.C.1 AOD.C.5 AOD.C.6 AOD.C.7 AOD.C.9 AOD.C.10 AOD.C.14 AOD.C.15 VP.C.5 AOD.C.2 AOD.C.3 AOD.C.8 AOD.C.11 AOD.C.4 UI.C.1 UI.C.2 AOD.C.13
Reproduction and STD's <ul style="list-style-type: none"> Male and Female anatomy Abstinence STI HIV Pregnancy prevention BSE and TSE 	K1. What are the male and female reproductive organs? K2. What are the functions of each of the reproductive organs? K3. Why is choosing abstinence important? K4. What are the signs, symptoms and treatments of STI's? K5. How can pregnancy and STI's be prevented? K6. What are the consequences of early pregnancy? K7. What are the costs of a family?	Endocrine gland, hormone, hypothalamus gland, puberty, sperm, fertilization, testes, testosterone, scrotum, penis, semen, ejaculation, infertility, ovaries, egg/ova, estrogen, progesterone, ovulation, fallopian tubes, uterus, vagina, menstrual cycle, menopause, pap smear, mammogram, toxic shock syndrome, abstinence, BSE, TSE, embryo, zygote, amniotic sac, blastocyst, placenta, umbilical cord, fetus, cervix, obstetrician, ultrasound, amniocentesis, ectopic pregnancy, miscarriage, preeclampsia, gestational diabetes, postpartum, labor, cesarean section, stillbirth, premature, identical and fraternal twins, STI, trichomoniasis, urethritis, vaginitis, human papilloma virus, Chlamydia, PID, gonorrhea, genital herpes, syphilis, chancre, HIV, asymptomatic, opportunistic	CM.C.7		SR.C. 1-13 HIV.C.1-9 SR.C.9 OR.C.6

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		infection, viral load			
Unintentional Injury Prevention					UI.C.3 UI.C.4 UI.C.5 UI.C.7
Other <ul style="list-style-type: none">RecyclingEmployers and Safe Environment					ORH.C.1 ORH.C.7