

Curriculum Map: Health 10 2020-21

Course: HEALTH 10 Sub-topic: General

Grade(s): 10

Course Description: This health course provides knowledge and understanding of the interdependency of lifelong physical health, mental health, and personal safety. It is designed to give students exposure to topics concerning everyday life. The following units of study are covered: wellness, nutrition, weight control, and alcohol, tobacco, and other drugs. The course provides basic information about suicides as well as helps students develop practical skills for prevention and intervention. The lessons in the curriculum provide a personalized education that will assist students in developing decision-making skills through the use of current information.

Unit: Nutrition/Healthy Eating

Timeline: Week 1 to 12

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.9.C \(Advanced\)](#) Analyze factors that impact nutritional choices of adolescents.

- body image • advertising • dietary guidelines • eating disorders • peer influence • athletic goals

[10.1.12.C \(Advanced\)](#) Analyze factors that impact nutritional choices of adults.

- cost • food preparation (e.g., time, skills) • consumer skills (e.g., understanding food labels, evaluating fads) • nutritional knowledge • changes in nutritional requirements (e.g., age, physical activity level)

(* standards consolidated from Topic level)

Topic: Nutrients

Minutes for Topic: 44

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.9.C \(Advanced\)](#) Analyze factors that impact nutritional choices of adolescents.

- body image • advertising • dietary guidelines • eating disorders • peer influence • athletic goals

Topic: Guidelines for Healthy Eating

Minutes for Topic: 88

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.9.C \(Advanced\)](#) Analyze factors that impact nutritional choices of adolescents.

- body image • advertising • dietary guidelines • eating disorders • peer influence • athletic goals

Topic: Food Packaging and Safety

Minutes for Topic: 88

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.12.C \(Advanced\)](#) Analyze factors that impact nutritional choices of adults.

- cost • food preparation (e.g., time, skills) • consumer skills (e.g., understanding food labels, evaluating fads) • nutritional knowledge • changes in nutritional requirements (e.g., age, physical activity level)

Topic: Weight Management

Minutes for Topic: 88

Topic: Eating Disorders

Minutes for Topic: 176

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.9.C \(Advanced\)](#)

Analyze factors that impact nutritional choices of adolescents.

- body image • advertising • dietary guidelines • eating disorders • peer influence • athletic goals

Unit: Physical Activity

Timeline: Week 13 to 16

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.9.B \(Advanced\)](#)

Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.

- stress management • disease prevention • weight management

[10.4.9.C \(Advanced\)](#)

Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.

- exercise (e.g., climate, altitude, location, temperature) • healthy fitness zone • individual fitness status (e.g., cardio-respiratory fitness, muscular endurance, muscular strength, flexibility) • drug/substance use/abuse

[10.4.9.D \(Advanced\)](#)

Analyze factors that affect physical activity preferences of adolescents.

- skill competence • social benefits • previous experience • activity confidence

[10.5.9.D \(Advanced\)](#)

Identify and describe the principles of training using appropriate vocabulary.

- specificity • overload • progression • aerobic/anaerobic • circuit/interval • repetition/set

(* standards consolidated from Topic level)

Topic: Physical activity

Minutes for Topic: 44

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.9.B \(Advanced\)](#)

Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.

- stress management • disease prevention • weight management

[10.4.9.D \(Advanced\)](#)

Analyze factors that affect physical activity preferences of adolescents.

- skill competence • social benefits • previous experience • activity confidence

Topic: Activity planning and safety

Minutes for Topic: 44

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.9.C \(Advanced\)](#)

Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.

- exercise (e.g., climate, altitude, location, temperature) • healthy fitness zone • individual fitness status (e.g., cardio-respiratory fitness, muscular endurance,

[10.5.9.D \(Advanced\)](#)

muscular strength, flexibility) • drug/substance use/abuse
Identify and describe the principles of training using appropriate vocabulary.

• specificity • overload • progression • aerobic/anaerobic • circuit/interval • repetition/set

Topic: Physical activity injuries

Minutes for Topic: 176

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.4.9.C \(Advanced\)](#)

Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.

• exercise (e.g., climate, altitude, location, temperature) • healthy fitness zone • individual fitness status (e.g., cardio-respiratory fitness, muscular endurance, muscular strength, flexibility) • drug/substance use/abuse

Unit: Alcohol, Tobacco, and other drugs

Timeline: Week 18 to 24

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.9.A \(Advanced\)](#)

Analyze factors that impact growth and development between adolescence and adulthood.

• relationships (e.g., dating, friendships, peer pressure) • interpersonal communication • risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns) • abstinence • STD and HIV prevention • community

[10.1.12.D \(Advanced\)](#)

Evaluate issues relating to the use/non-use of drugs.

• psychology of addiction • social impact (e.g., cost, relationships) • chemical use and fetal development • laws relating to alcohol, tobacco and chemical substances • impact on the individual • impact on the community

(* standards consolidated from Topic level)

Topic: Alcohol

Minutes for Topic: 88

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.9.A \(Advanced\)](#)

Analyze factors that impact growth and development between adolescence and adulthood.

• relationships (e.g., dating, friendships, peer pressure) • interpersonal communication • risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns) • abstinence • STD and HIV prevention • community

[10.1.12.D \(Advanced\)](#)

Evaluate issues relating to the use/non-use of drugs.

• psychology of addiction • social impact (e.g., cost, relationships) • chemical use and fetal development • laws relating to alcohol, tobacco and chemical substances • impact on the individual • impact on the community

Topic: Substance Abuse

Minutes for Topic: 44

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.9.A \(Advanced\)](#)

Analyze factors that impact growth and development between adolescence and adulthood.

- relationships (e.g., dating, friendships, peer pressure) • interpersonal communication • risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns) • abstinence • STD and HIV prevention • community

Topic: Common drugs

Minutes for Topic: 44

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.9.A \(Advanced\)](#)

Analyze factors that impact growth and development between adolescence and adulthood.

- relationships (e.g., dating, friendships, peer pressure) • interpersonal communication • risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns) • abstinence • STD and HIV prevention • community

Topic: Tobacco

Minutes for Topic: 132

Unit: Wellness

Timeline: Week 25 to 40

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.9.A \(Advanced\)](#)

Analyze factors that impact growth and development between adolescence and adulthood.

- relationships (e.g., dating, friendships, peer pressure) • interpersonal communication • risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns) • abstinence • STD and HIV prevention • community

[10.1.12.D \(Advanced\)](#)

Evaluate issues relating to the use/non-use of drugs.

- psychology of addiction • social impact (e.g., cost, relationships) • chemical use and fetal development • laws relating to alcohol, tobacco and chemical substances • impact on the individual • impact on the community

[10.2.9.A \(Advanced\)](#)

Identify and describe health care products and services that impact adolescent health practices.

[10.2.9.B \(Advanced\)](#)

Analyze the relationship between health-related information and adolescent consumer choices.

- tobacco products • weight control products

[10.2.12.C \(Advanced\)](#)

Compare and contrast the positive and negative effects of the media on adult personal health and safety.

(* standards consolidated from Topic level)

Topic: Assessing Valid information

Minutes for Topic: 88

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.2.9.B \(Advanced\)](#)

Analyze the relationship between health-related information and adolescent consumer choices.

- tobacco products • weight control products

[10.2.12.C \(Advanced\)](#)

Compare and contrast the positive and negative effects of the media on adult personal health and safety.

Topic: Analyzing influences on health behavior

Minutes for Topic: 44

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.2.9.A \(Advanced\)](#) Identify and describe health care products and services that impact adolescent health practices.

Topic: Interpersonal communication

Minutes for Topic: 44

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.9.A \(Advanced\)](#) Analyze factors that impact growth and development between adolescence and adulthood.

- relationships (e.g., dating, friendships, peer pressure) • interpersonal communication • risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns) • abstinence • STD and HIV prevention • community

Topic: Making decisions

Minutes for Topic: 44

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.12.D \(Advanced\)](#) Evaluate issues relating to the use/non-use of drugs.

- psychology of addiction • social impact (e.g., cost, relationships) • chemical use and fetal development • laws relating to alcohol, tobacco and chemical substances • impact on the individual • impact on the community

Topic: Becoming an advocate for your health

Minutes for Topic: 88

Topic: Advocate for your self and others

Minutes for Topic: 264

Unit: CPR/First Aid

Timeline: Week 40 to 45

STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.6.B \(Advanced\)](#) Identify and describe the structure and function of the major body systems.

- nervous • muscular • integumentary • urinary • endocrine • reproductive • immune

[10.1.12.B \(Advanced\)](#) Evaluate factors that impact the body systems and apply protective/preventive strategies.

- fitness level • environment (e.g., pollutants, available health care) • health status (e.g., physical, mental, social) • nutrition

(* standards consolidated from Topic level)

Topic: CPR

Minutes for Topic: 132

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.12.B \(Advanced\)](#) Evaluate factors that impact the body systems and apply protective/preventive strategies.

- fitness level • environment (e.g., pollutants, available health care) • health status (e.g., physical, mental, social) • nutrition

Topic: First Aid

Minutes for Topic: 88

STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.1.6.B \(Advanced\)](#)

Identify and describe the structure and function of the major body systems.

- nervous • muscular • integumentary • urinary • endocrine • reproductive • immune