

## Curriculum Map: Health 9 2020-21

Course: HEAL/CPR 9 Sub-topic: Uncategorized

Grade(s): None specified

**Course Description:** This course emphasizes mental health and mental illness, while replacing stigma with compassion. HIV and STI's prevention, and sexual harassment will be discussed. Importance will be placed on the student's acquiring knowledge and assuming responsibility for one's own health. A look into bullying and cyberbullying is examined. Last, a basic understanding of first aid, the appropriate response in an emergency situation, the circulatory system, respiratory system, and CPR skills. The CPR portion ties all of these things together and provides students with guided practices in the various skills.

### Unit: Mental Health

Timeline: Week 1 to 11

#### STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.2.9.D \(Advanced\)](#) Analyze and apply a decision-making process to adolescent health and safety issues.

#### Topic: Mental Health

Minutes for Topic: 44

#### Topic: Mental Illness

Minutes for Topic: 132

#### Topic: Stigma

Minutes for Topic: 44

#### Topic: Treatment

Minutes for Topic: 44

#### Topic: Stress

Minutes for Topic: 176

#### Topic: Signs of Suicide

Minutes for Topic: 44

##### STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.3.9.A \(Advanced\)](#) Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.

- modes of transportation (e.g., pedestrian, bicycle, vehicular, passenger, farm vehicle, all-terrain vehicle) • violence prevention in school • self-protection in the home • self-protection in public places

### Unit: Healthy Relationships and Human Sexuality

Timeline: Week 12 to 26

#### STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

[10.3.9.C \(Advanced\)](#) Analyze and apply strategies to avoid or manage conflict and violence during adolescence.

- effective negotiation • assertive behavior

#### Topic: Cyberbully

Minutes for Topic: 132

## 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: Healthy and Unhealthy Relationships

Minutes for Topic: 132

## Topic: Dating Abuse

Minutes for Topic: 132

## STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

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

Analyze and apply strategies to avoid or manage conflict and violence during adolescence.

- effective negotiation • assertive behavior

## Topic: Know Your Neighbor

Minutes for Topic: 44

## Unit: Heart/Circulation

Timeline: Week 27 to 33

## STANDARDS: STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

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

Analyze the interdependence existing among the body systems.

## Topic: Heart Anatomy

Minutes for Topic: 176

## STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

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

Analyze and apply strategies for the management of injuries.

- CPR • advanced first aid

## Topic: Heart Disease

Minutes for Topic: 88

## STANDARDS

STATE: Pennsylvania SAS Academic Standards (2009-2013)

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

Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.

## Unit: Respiratory System

Timeline: Week 34 to 35

## 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

(\* standards consolidated from Topic level)

**Topic: Respiratory Anatomy**

Minutes for Topic: 44

**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

**Topic: Respiratory Function**

Minutes for Topic: 44

**Unit: CPR/First Aid**

Timeline: Week 36 to 45

**STANDARDS: 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

(\* 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: 352

**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