TVHS Health Syllabus 2022-2023

Mr. Gabriel Varney

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| **Standards** | **Essential Questions** | **Topics** |
| 1st 9 Weeks  **HE.1** Compare and contrast components of total wellness.  **HE.3** Analyze and interpret ways public Health and social policies influence Health promotion and disease prevention.  **HE.8** Evaluate how media of all forms can impact personal, family, community, and national Health.  **HE.10** Identify factors in the community that influence Health.  **HE.11** Analyze the impact peer influences have on healthy and unhealthy behaviors.  **HE.12** Analyze the influence of friends, family, media, society, and culture on the expression of gender, sexual orientation, and identity.  **HE.31** Identify signs of stress and common stressors and develop effective stress management. | **Week 1** How can you promote Health and Wellness?  **Week 2**: How can you make responsible decisions and setting goals?  **Week 3**: How does developing personal identity help with mental Health?  **Week 4**: How can you cope with loss and grief?  **Week 5**: What is the difference in depression and anxiety?  **Week 6**: How can respecting yourself help with having Healthy relationships?  **Week 7:** How are strong family relationships good for your Health?  **Week 8**: How can I learn refusal skills for peer pressure?  **Week 9:** Resolving Conflicts and Preventing Violence/How can I overcome or prevent abuse? | Introduction to Health  Taking Charge of your Health  Achieving mental and emotional Health.  Managing stress.  Mental and Emotional problems.  Skills for Healthy relationships.  Family relationships.  Peer relationships.  Resolving conflicts and preventing violence. |
| 2nd 9 Weeks  **HE.5** Analyze the impact of genetics and family history on personal Health.  HE.13 Analyze and interpret Health information/data to promote Healthy decision making.  **HE.25** Assess personal Health practices and overall Health status.  **HE.29** Recognize and demonstrate the positive effects of nutrition and physical activity on Health. | **Week 10:** How can I be more nutritious?  **Week 11**: How can I maintain a Healthy body weight?  **Week 12:** What are the benefits of being physical?  **Week 13**: How can I have healthy skin, hair, nails, and teeth?  **Week 14**: How do the skeletal, muscular, and nervous systems differentiate?  **Week 15:** How do the cardiovascular, respiratory, and digestive systems differentiate?  **Week 16:** How do the endocrine and reproductive systems benefit overall Health?  Week 17: How do our bodies change over the cycle of life?  Week 18: How do our bodies change over the cycle of life? | Nutrition for Health  Managing Weight and Eating Behaviors  Physical Activity and Fitness  Personal Health Care  Skeletal, Muscular, and Nervous Systems  Cardiovascular, Respiratory, and Digestive Systems  Endocrine and Reproductive Health.  The beginning of the life cycle.  The life cycle continues. |
| 3rd 9 Weeks  **HE.2** Differentiate between the causes of communicable and non-communicable diseases and identify/apply skills to prevent them.  **HE.7** Analyze how personal health behaviors/choices affect the function of body systems in preventing premature death.  **HE.16** Describe Healthy ways to express emotions, needs, and desires in different situations.  **HE.25** Assess personal Health practices and overall Health status. | **Week 19:** How can I use medications safely?  **Week 20**: How does tobacco effect your overall Health?  **Week 21**: What are the Health risks of alcohol abuse?  **Week 22:** What are the effects of all the different types of drugs?  **Week 23**: How can you fight communicable diseases?  **Week 24**: How can you prevent and treat STDs?  **Week 25**: What are noncommunicable diseases and how do they effect life expectancy?  **Week 26:** What are the different types of safety?  **Week 27**: How can I help myself and others in emergency situations? | Medicines and Drugs.  Tobacco.  Alcohol.  Illegal Drugs.  Communicable diseases.  Sexually transmitted diseases.  Noncommunicable diseases.  Safety and injury prevention.  First Aid and Emergencies. |
| **4th 9 Weeks**  **HE.1** Compare and contrast components of total wellness.  **HE.6** Explain how the environment affects and interacts with growth and development.  **HE.27** Implement strategies and monitor progress in achieving a personal Health goal.  **HE.29** Recognize and demonstrate the positive effects of nutrition and physical activity and Health.  **HE.31** Identify signs of stress and common stressors and develop effective stress management techniques. | **Week 28:** How many types of stretching are there?  **Week 29:** How does stretching effect overall Health and Wellness?  **Week 30**: How does static stretching effect your muscles?  **Week 31**: How does dynamic stretching help with range of motion?  **Week 32**: How does isometric stretching correlate to resistance?  **Week 33**: How does active stretching strengthen muscles?  **Week 34**: How does passive stretching help relax the joints?  **Week 35**: How does full body stretching effect overall Health?  **Week 36**: How can I practice stretching routines to help with my overall Health and Wellness? | Types of stretching.  Effects of stretching.  Static stretching.  Dynamic stretching.  Isometric stretching.  Active stretching.  Passive stretching.  Full Body stretching.  Conclusion of stretching. |