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LESSON PLAN

Grade/Course: HEALTH II 9999999

Grade Level: 9th, 10th, 11th and 12th High School

A)TEXT BOOK: Holt Health Hardcover– January 1, 1999 by Greenberg(Author)

ISBN-10: 0030511232 / ISBN-13: 978-0030511233

Order No.: 1

Code:HEA8000

Class Type: Online

Resources:

Text book
Teacher works CD
Teacher interactive online
Links
Skype-Conference
Photographs for use in teaching

Instructional Supports:

Textbook, Magazines, Journals, Websites
Links, Conference, Comprehensive Reading Plan, Health Network, PBS Television

Length: 1 year

Area: Health

Credits: 1

Total Numbers of class hours:300 hrs

Type: Mandatory

Standards:
Florida Sunshine State Standards

Prerequisite:

No requisite

B) LESSON PLAN Description:

This course is designed to assist students in obtaining accurate information, developing lifelong positive attitudes and behaviors, and making wise decisions related to their personal health. Study will include personal and community health; mental, emotional, and social health; injury prevention and safety; nutrition and physical activity; alcohol, tobacco, and other drugs; growth, development, and sexual health. Central themes are the acceptance of personal responsibility for lifelong health, respect for and promotion of the health of others, an understanding of the process of growth and development, and informed use of health-related information, products, and services.

C) LESSON PLAN Objectives:

1. To develop in all students an understanding of Health and Wellness
 - Analyze and solve real-life health problems.
 - Work cooperatively on tasks that develop and enhance their conceptual understanding of health.
 - Develop lifelong positive attitudes and behaviors related to health.
 - Incorporate health-related knowledge into everyday behavior.
 - Understand the effects of personal behavior on the health and well-being of others.
 - Understand the influence that people have on the environment and the way in which elements within the environment affect the health of groups and individuals.
 - Understand the aspects of physical, mental, emotional, and social growth and development common to all people as well as those aspects that are unique to individuals.

D) LESSON PLAN Contents

UNIT ONE (Weeks: 1-4)

Introduction to Health and Wellness

Chapter 1 Health and Wellness: A Quality of Life

Chapter 2 Making Responsible Decisions

UNIT TWO (Weeks: 5-10)

Health and Your Body

Chapter 3 Physical Fitness

Chapter 4 Nutrition Principles

Chapter 5 Weight Management and Eating Disorders

Chapter 6 Personal Care and Appearance

UNIT THREE (Weeks; 11-17)

Health and Your Mind

Chapter 7 Mental and Emotional Health

Chapter 8 Building Self –Esteem

Chapter 9 Managing Stress

Chapter 10 Coping with Loss

Chapter 11 Preventing Suicide

UNIT FOUR (Weeks: 18-22)

Protecting Your Health in a Drug Society

Chapter 12 The Use, Misuse, and Abuse of Drugs

Chapter 13 Alcohol: A Dangerous Drug

Chapter 14 Tobacco: Hazardous and Addictive

Chapter 15 Other Drugs of Abuse

UNIT FIVE (Weeks: 23-26)

Family Life, Sexuality, and Social Health

Chapter 16 Reproduction and the Early Years of Life

Chapter 17 Adolescence: Relationships and Responsibilities

Chapter 18 Adulthood, Marriage and Parenthood

Chapter 19 Families

Chapter 20 Preventing Abuse and Violence

UNIT SIX (Weeks: 27-31)

Diseases and Disorders

Chapter 21 Infectious Diseases

Chapter 22 Sexually Transmitted Diseases

Chapter 23 HIV Infection and AIDS

Chapter 24 Noninfectious Diseases and Disorders

UNIT SEVEN (Weeks: 32-35)

Health and Society

Chapter 25 Environmental and Public Health

Chapter 26 Being a Wise Consumer

UNIT EIGHT (Weeks: 36-40)

Safety and Emergency Care

Chapter 27 Safety and Risk Reduction

Chapter 28 First Aid and CPR

F) LESSON PLAN: References, Websites, Journals, Magazines & Books

- 1.Lifetime Health: Life Skills Workbook (Lifetime Health 2009) Paperback by RINEHART AND WINSTON HOLT (Author)
- 2.Fitnes100 Interactive Activities for Mental Health and Substance Abuse Recovery [Spiral-Bound]
- 3.Carol A. Butler (Author)s and Wellness [Paperback] by Wener W.K. Hoeger and Sharon A. Hoeger (Authors)
- 4.Wellness: Nursing Diagnosis for Health Promotion [Paperback] by Karen M. Stolte (Author)
- 5.Prentice Hall Health Skills For Wellness Teacher Edition 1997 Isbn 0134249046 Textbook Binding – January 1, 1997by Prentice Hall (Author)
6. Walking and Jogging for Health and Wellness (Cengage Learning Activities) [Paperback] by Frank Rosato (Author)

7. Teen Health, Course 2, Student Edition [Hardcover] by McGraw-Hill (Author)
8. Family Guide to Emotional Wellnes Paperback by Patrick Fanning (Editor) , Matt McKay (Editor)

H) Web Reference:

<http://www.fitness.gov/>
<http://www.class.co.uk/links/>
[www.http://marshhealthclasswebsite.weebly.com/links.html](http://marshhealthclasswebsite.weebly.com/links.html)
www.lausd.net/Sepulveda_MS/ClassLinks/Aguinaga/page7.html
<http://www.pinellashealth.com/RelatedLinks.asp>
<http://www.nutrition.gov/>
<http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm>
<http://www.healthypeople.gov/2020/default.aspx>
<http://www.doh.state.fl.us/>
<http://www.health.gov/dietaryguidelines/2010.asp>
<http://www.nhlbi.nih.gov/index.htm>
<http://www.healthfinder.gov/>
<http://healthierus.gov/>
<http://www.fruitsandveggiesmorematters.org/>
<http://www.floridacharts.com/charts/default.aspx>
www.whitehouse.gov/the-press-office/first-lady-launches...
www.presidentschallenge.org
www.fitness.gov/be-active
www.letsmove.gov/blog/2012/09/11/americas-youth-fitness

I. Journals:

Health Today

J. Magazines:

Health and Fitness

K. Organizations:

President's Council on Fitness, Sports & Nutrition

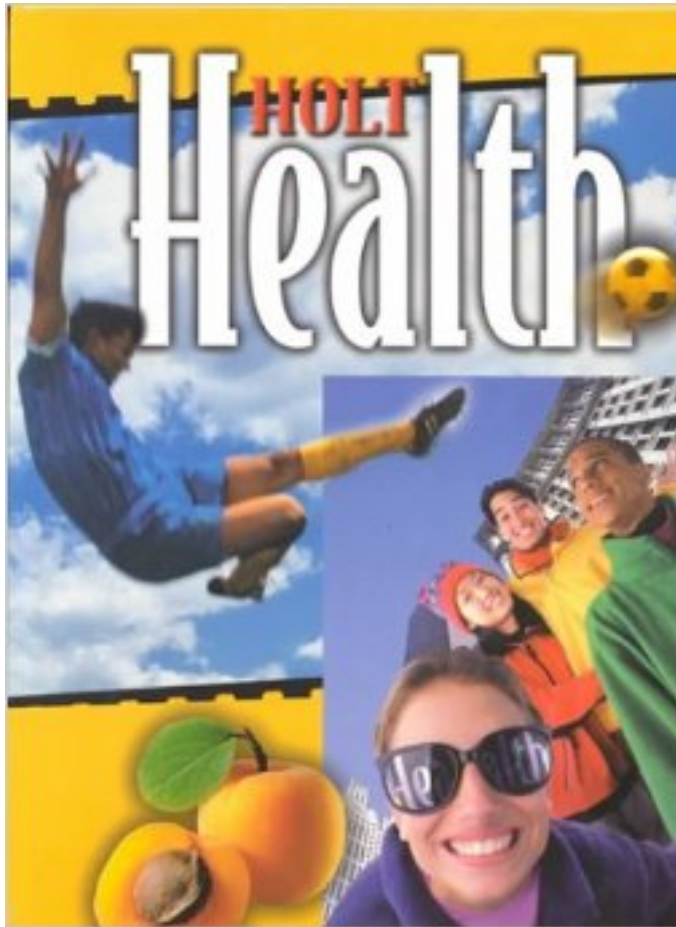
M. Comprehensive Reading Plan

Students are required to read at least 1 book or their equivalent during each class as independent reading at-home. Students must also read for 30 minutes at home as part of their daily homework assignment in all subjects. Check your Class Reading Assignment at www.USICAhs.org/CURRICULUM and check free ebooks at www.openlibrary.org

Text Book Description:

Hardcover Publisher: Holt Rinehart & Winston (January 1, 1999) Language: English
ISBN-10: 0030511232 ISBN-13: 978-0030511233

BOOK:



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