

Course Title: Lifetime Health (Elective)

Board Approval Date: August 2018

Credit (Secondary): .5

Grade Level: 11, 12

Course Summary with Big Ideas:

This is an elective course specifically for juniors and seniors to prepare them for healthy independent living. Studies have shown that unhealthy behaviors and habits originate during a time of great transition. One of the most challenging transitions a young adult faces is the shift from a high school student to an independent adult. This course studies the topics of stress management, mental and emotional health, sleep patterns, personal fitness, prevalent risk behaviors, and training in first aid/CPR/AED. Most of these topics are not reviewed in our required general health education course. The lifetime health skills emphasized in this course are valuable to living an independent healthy lifestyle. The course content is aligned to the PA Standards for Health, Safety, and Physical Education (Standards 10.1, 10.2, and 10.3)

Big Ideas:

Unit 1: Students will be able to understand what stress actually is, what causes stress, and how to manage stressful situations in a healthy way. Students will also be implementing and reflecting on personalized strategies of stress management.

Unit 2: Students will be able to understand and recognize various mental/emotional health issues such as anxiety disorders, impulse control, eating disorders, mood disorders, conduct disorders, and personality disorders. Suicide awareness and prevention will also be discussed in this unit.

Unit 3: Students will be able to understand sleep patterns and their affect on a person's overall health as well as implement strategies to maximize the body's rest time to benefit wake time performance.

Unit 4: Students will be able to understand the benefits of physical exercise as well as design, implement, and reflect on an individualized fitness plan. This unit will include a fitness lab where students will have the opportunity to experiment with various workout regimens.

Unit 5: Students will be able to review common risk behaviors of their age group such as unprotected sexual activity, alcohol consumption, and illicit drug use. This will be a review from tenth grade health education and will involve student-led lessons.

Unit 6: Students will be able to receive recertification (valid for two years) of the American Heart Association's training on First Aid, CPR, and AED skills.

Grade Level Modules (Units):

**Suggested Timeline
of Weeks or # of Class Periods/Lessons**

1. Understanding and Managing Stress	3 weeks
2. Mental and Emotional Health	3 weeks
3. Sleep Patterns	3 weeks
4. Personal Fitness	3 weeks
5. Risk Behaviors Revisited	3 weeks
6. First Aid/CPR/AED Recertification	3 weeks

Learning Activities/Modes of Formative and Summative Assessment:

<p><u>Unit 1:</u> read and discuss Chapter 4 in Glencoe Health, stress management self-test (pre and post), stress journal and reflection paper, discussion questions on stress red flags, “Study Break Yoga” activities, implementing personalized stress management strategies</p> <p><u>Unit 2:</u> read and discuss Chapter 5 in Glencoe Health, discussion on recognizing anxiety and depression in self and others, research project and group teaching on various disorders, suicide awareness and prevention</p> <p><u>Unit 3:</u> article reflection and discussion, study of NREM/REM cycle and sleep disorders, fact sheet on bedroom environment, personal reflection and improvements through sleep journal, myths quiz</p> <p><u>Unit 4:</u> revisit reasons for weight gain, research workout varieties, develop and implement personalized workout plan based on the individual’s fitness goals, journal reflection on struggles and progress, research facilities at colleges and community centers</p> <p><u>Unit 5:</u> briefly review the most common risk behaviors among 16-24 year olds (unprotected sex, alcohol consumption, illicit drug use), research and present student-led lessons</p> <p><u>Unit 6:</u> recertify students in First Aid, CPR, and AED skills through the American Heart Association training</p>
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Primary Instructional Resources:

Unit 1: Transforming Stress for Teens book, National Institute of Mental Health, KidsHealth.org, Stress Management Society, Eat Drink Move Sleep: A Health Tracking Journal, *ConnectEd* Glencoe Health

Unit 2: *ConnectEd* Glencoe Health, National Institute of Mental Health, Centers for Disease Control and Prevention, Healthy People 2020

Unit 3: sleepeducation.org, sleepfoundation.org, National Sleep Foundation, Eat Drink Move Sleep: A Health Tracking Journal

Unit 4: *ConnectEd* Glencoe Health, fitness lab, medlineplus.gov, exerciseseeducation.com

Unit 5: *ConnectEd* Glencoe Health, grading rubric for student-led lessons (other resources will vary by students' research)

Unit 6: American Heart Association HeartSaver course materials including skills testing equipment, student workbooks, and instructional DVD