



Nutley Public Schools

Health Grade: 12

Unit 1: CPR/First Aid	
Summary and Rationale	
<p>During this unit students are taught skills that will enable them to respond to life-threatening situations. Students are taught American Red Cross CPR, how to care for conscious and unconscious choking victims, AED use, and basic first aid. The goal of this unit is to help students recognize and respond to an emergency situation with confidence.</p>	
Recommended Pacing	
3 weeks	
Standards	
Personal Growth and Development	
2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
2.1.12.A.2	Debate the social and ethical implications of the availability and use of technology and medical advances to support wellness.
Diseases and Health Conditions	
2.1.12.C.1	Predict diseases and health conditions that may occur during one's lifespan and speculate on potential prevention and treatment strategies.
2.1.12.C.2	Develop strategies that will impact local, state, national, and international public health efforts to prevent and control diseases and health conditions.
2.1.12.C.3	Determine the emotional, social, and financial impact of mental illness on the family, community, and state.
2.1.12.C.4	Relate advances in medicine and technology to the diagnosis and treatment of mental illness.
Safety	
2.1.12.D.1	Determine the causes and outcomes of intentional and unintentional injuries in adolescents and young adults and propose prevention strategies.
2.1.12.D.6	Demonstrate first-aid procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies.

Interpersonal Communication	
2.2.12.A.1	Employ skills for communicating with family, peers, and people from other backgrounds and cultures that may impact the health of oneself and others.
2.2.12.A.2	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts.
2.2.12.A.3	Analyze the impact of technology on interpersonal communication in supporting wellness and a healthy lifestyle.
Decision-Making and Goal Setting	
2.2.12.B.1	Predict the short- and long-term consequences of good and poor decision-making on oneself, friends, family, and others.
2.2.12.B.2	Evaluate the impact of individual and family needs on the development of a personal wellness plan and address identified barriers.
Character Development	
2.2.12.C.1	Analyze the impact of competition on personal character development.
2.2.12.C.2	Judge how individual or group adherence, or lack of adherence, to core ethical values impacts the local, state, national, and worldwide community.
2.2.12.C.3	Analyze current issues facing the disability community and make recommendations to address those issues.
Advocacy and Service	
2.2.12.D.1	Plan and implement an advocacy strategy to stimulate action on a state, national, or global health issue, including but not limited to, organ/tissue donation.
Health Services and Information	
2.2.12.E.1	Analyze a variety of health products and services based on cost, availability, accessibility, benefits, and accreditation.
2.2.12.E.2	Determine the effect of accessibility and affordability of healthcare on family, community, and global health.
Dependency/Addiction and Treatment	
2.3.12.C.1	Correlate duration of drug abuse to the incidence of drug-related injury, illness, and death.
Interdisciplinary Connections	
Standard x.x	
Integration of Technology	
Standard x.x	
CPI #	Cumulative Progress Indicator (CPI)
Instructional Focus	
Enduring Understandings	
<p>The most important thing a person can do in any emergency is activate the EMS system. CPR can save a person's life. First aid skills are necessary aspects in preventing injuries and illnesses.</p>	

Essential Question
<p>How do I perform CPR? What is an AED? What do I do in an emergency?</p>
Evidence of Learning (Assessments)
<p>Tests Quizzes Rubrics Projects Homework Peer-Assessment Self-Assessment – COMPETENCY V: SELF AWARENESS and DIRECTION</p> <ul style="list-style-type: none"> • Social Responsibility • Determination
Objectives
<p>Students will know or learn:</p> <ul style="list-style-type: none"> • How to recognize an emergency situation • Universal precautions • CPR • How to use an AED • How to care for a choking victim • Basic first aid skills <p>Students will be able to:</p> <ul style="list-style-type: none"> • Recognize and be prepared to respond to emergencies. • Discuss how they can prevent themselves from getting diseases when providing care • Identify and care for respiratory and cardiac emergencies. • Identify and care for injuries and sudden illnesses. • Demonstrate CPR skills • Demonstrate how to care for a choking victim
Integration
Technology Integration
<p>Chrome Books</p>
Writing Integration
Competencies
<p>COMPETENCY V: SELF AWARENESS and DIRECTION</p> <ul style="list-style-type: none"> • Social Responsibility

- Determination

Suggested Resources

Red Cross
Videos
Manikins
First Aid supplies



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Health

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Unit 2: Nutrition

Summary and Rationale

This unit continues to emphasize the importance of a healthy diet and how it impacts our health on a daily basis. The goal of this unit is for students to gain a deeper understanding of essential nutrients, dietary trends, and analyzing food labels.

Recommended Pacing

3 weeks

Standards

Personal Growth and Development

2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
2.1.12.A.2	Debate the social and ethical implications of the availability and use of technology and medical advances to support wellness.

Nutrition

2.1.12.B.1	Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.
2.1.12.B.2	Compare and contrast the dietary trends and eating habits of adolescents and young adults in the United States and other countries.
2.1.12.B.3	Analyze the unique contributions of each nutrient class (fats, carbohydrates, protein, water, vitamins, and minerals) to one's health.

Diseases and Health Conditions

2.1.12.C.1	Predict diseases and health conditions that may occur during one’s lifespan and speculate on potential prevention and treatment strategies.
2.1.12.C.2	Develop strategies that will impact local, state, national, and international public health efforts to prevent and control diseases and health conditions.
2.1.12.C.3	Determine the emotional, social, and financial impact of mental illness on the family, community, and state.
2.1.12.C.4	Relate advances in medicine and technology to the diagnosis and treatment of mental illness.
Interpersonal Communication	
2.2.12.A.1	Employ skills for communicating with family, peers, and people from other backgrounds and cultures that may impact the health of oneself and others.
2.2.12.A.2	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts.
2.2.12.A.3	Analyze the impact of technology on interpersonal communication in supporting wellness and a healthy lifestyle.
Decision-Making and Goal Setting	
2.2.12.B.1	Predict the short- and long-term consequences of good and poor decision-making on oneself, friends, family, and others.
2.2.12.B.2	Evaluate the impact of individual and family needs on the development of a personal wellness plan and address identified barriers.
Character Development	
2.2.12.C.1	Analyze the impact of competition on personal character development.
2.2.12.C.2	Judge how individual or group adherence, or lack of adherence, to core ethical values impacts the local, state, national, and worldwide community.
2.2.12.C.3	Analyze current issues facing the disability community and make recommendations to address those issues.
Advocacy and Service	
2.2.12.D.1	Plan and implement an advocacy strategy to stimulate action on a state, national, or global health issue, including but not limited to, organ/tissue donation.
Health Services and Information	
2.2.12.E.1	Analyze a variety of health products and services based on cost, availability, accessibility, benefits, and accreditation.
2.2.12.E.2	Determine the effect of accessibility and affordability of healthcare on family, community, and global health.
Medicines	
2.3.12.A.1	Determine the potential risks and benefits of the use of new or experimental medicines and herbal and medicinal supplements.
Relationships	
2.4.12.A.1	Compare and contrast how family structures, values, rituals, and traditions meet basic human needs worldwide.
Interdisciplinary Connections	
Standard x.x	

Integration of Technology	
Standard x.x	
CPI #	Cumulative Progress Indicator (CPI)
Instructional Focus	
Enduring Understandings	
<p>High levels of wellness and the ability to prevent diseases are established when a person is aware of healthy and unhealthy lifestyle patterns. Healthy eating behaviors promote lifelong wellness.</p>	
Essential Question	
<p>How do personal choices and lifestyle affect wellness? What constitutes a healthy or unhealthy diet? What knowledge is essential to be able to make good decisions and stay healthy? How do life decisions impact health?</p>	
Evidence of Learning (Assessments)	
<p>Tests Quizzes Rubrics Projects – Competency III: RESEARCH</p> <ul style="list-style-type: none"> • Ethics • Range of Resources • Learning and Evaluation <p>Homework Peer/Self-Assessment</p>	
Objectives	
<p>Students will know or learn:</p> <ul style="list-style-type: none"> • Six classes of nutrients and their major functions • Elements of a balanced diet • Create a personal nutrition plan • Analyze a food label • Use various technology tools to monitor personal nutrition <p>Students will be able to:</p> <ul style="list-style-type: none"> • Analyze food labels to determine percent from fat, carbohydrates and proteins. • Create a nutrition plan • Identify healthy eating choices while dining out • Describe the functions of the six essential nutrients • Discuss consequences for poor nutritional habits 	

Integration
Technology Integration
<p>Chrome Books Nutrition Apps</p>
Writing Integration
<p>Creating a nutritional plan Food Log</p>
Competencies
<p>Competency III: RESEARCH</p> <ul style="list-style-type: none"> • Ethics • Range of Resources • Learning and Evaluation
Suggested Resources
<p>MyPlate.gov MyFitnessPal.com</p>



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Health

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Unit 3: Contemporary Health Issues	
Summary and Rationale	
<p>During this unit students will explore contemporary health issues, including major diseases, global health, health care and community health. The goal of this unit is to provide students with foundational knowledge on various health issues so they may make informed decisions relating to their personal health.</p>	
Recommended Pacing	
3 weeks	
Standards	
Personal Growth and Development	
2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
2.1.12.A.2	Debate the social and ethical implications of the availability and use of technology and medical advances to support wellness.
Nutrition	
2.1.12.B.1	Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.
2.1.12.B.2	Compare and contrast the dietary trends and eating habits of adolescents and young adults in the United States and other countries.
2.1.12.B.3	Analyze the unique contributions of each nutrient class (fats, carbohydrates, protein, water, vitamins, and minerals) to one's health.
Diseases and Health Conditions	
2.1.12.C.1	Predict diseases and health conditions that may occur during one's lifespan and speculate on potential prevention and treatment strategies.
2.1.12.C.2	Develop strategies that will impact local, state, national, and international public health efforts to prevent and control diseases and health conditions.
2.1.12.C.3	Determine the emotional, social, and financial impact of mental illness on the family, community, and state.
2.1.12.C.4	Relate advances in medicine and technology to the diagnosis and treatment of mental illness.
Safety	

2.1.12.D.1	Determine the causes and outcomes of intentional and unintentional injuries in adolescents and young adults and propose prevention strategies.
2.1.12.D.2	Explain ways to protect against abuse and all forms of assault and what to do if assaulted.
2.1.12.D.3	Analyze the relationship between alcohol and drug use and the incidence of motor vehicle crashes.
2.1.12.D.4	Develop a rationale to persuade peers to comply with traffic safety laws and avoid driving distractors.
2.1.12.D.5	Summarize New Jersey motor vehicle laws and regulations and determine their impact on health and safety (e.g., organ/tissue donation, seatbelt use, and the use of hand-held devices).
2.1.12.D.6	Demonstrate first-aid procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies.
Social and Emotional Health	
2.1.12.E.1	Predict the short- and long-term consequences of unresolved conflicts.
2.1.12.E.2	Analyze how new technologies may positively or negatively impact the incidence of conflict or crisis.
2.1.12.E.3	Examine how a family might cope with crisis or change and suggest ways to restore family balance and function.
2.1.12.E.4	Develop a personal stress management plan to improve/maintain wellness.
Interpersonal Communication	
2.2.12.A.1	Employ skills for communicating with family, peers, and people from other backgrounds and cultures that may impact the health of oneself and others.
2.2.12.A.2	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts.
2.2.12.A.3	Analyze the impact of technology on interpersonal communication in supporting wellness and a healthy lifestyle.
Decision-Making and Goal Setting	
2.2.12.B.1	Predict the short- and long-term consequences of good and poor decision-making on oneself, friends, family, and others.
2.2.12.B.2	Evaluate the impact of individual and family needs on the development of a personal wellness plan and address identified barriers.
Character Development	
2.2.12.C.1	Analyze the impact of competition on personal character development.
2.2.12.C.2	Judge how individual or group adherence, or lack of adherence, to core ethical values impacts the local, state, national, and worldwide community.
2.2.12.C.3	Analyze current issues facing the disability community and make recommendations to address those issues.
Advocacy and Service	
2.2.12.D.1	Plan and implement an advocacy strategy to stimulate action on a state, national, or global health issue, including but not limited to, organ/tissue donation.
Health Services and Information	
2.2.12.E.1	Analyze a variety of health products and services based on cost, availability, accessibility, benefits, and accreditation.
2.2.12.E.2	Determine the effect of accessibility and affordability of healthcare on family, community, and

	global health.
Medicines	
2.3.12.A.1	Determine the potential risks and benefits of the use of new or experimental medicines and herbal and medicinal supplements.
2.3.12.A.2	Summarize the criteria for evaluating the effectiveness of a medicine.
2.3.12.A.3	Relate personal abuse of prescription and over-the-counter medicines to wellness.
Alcohol, Tobacco and Other Drugs	
2.3.12.B.1	Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the United States and other countries.
2.3.12.B.2	Debate the various legal and financial consequences of the use, sale, and possession of illegal substances.
2.3.12.B.3	Correlate increased alcohol use with challenges that may occur at various life stages.
2.3.12.B.4	Correlate the use of alcohol and other drugs with incidences of date rape, sexual assault, STIs, and unintended pregnancy.
2.3.12.B.5	Relate injected drug use to the incidence of diseases such as HIV/AIDS and hepatitis.
Dependency/Addiction and Treatment	
2.3.12.C.1	Correlate duration of drug abuse to the incidence of drug-related injury, illness, and death.
2.3.12.C.2	Analyze the effectiveness of various strategies that support an individual's ability to stop abusing drugs and remain drug-free.
2.3.12.C.2	Predict the societal impact of substance abuse on the individual, family, and community.
Relationships	
2.4.12.A.1	Compare and contrast how family structures, values, rituals, and traditions meet basic human needs worldwide.
2.4.12.A.2	Compare and contrast the current and historical role of life commitments, such as marriage.
2.4.12.A.3	Analyze how personal independence, past experience, and social responsibility influence the choice of friends in high school and young adulthood.
2.4.12.A.4	Predict how relationships may evolve over time, focusing on changes in friendships, family, dating relationships, and lifetime commitments such as marriage.
2.4.12.A.5	Determine effective prevention and intervention strategies to address domestic or dating violence (e.g., rules of consent).
2.4.12.A.6	Analyze how various technologies impact the development and maintenance of local and global interpersonal relationships.
Sexuality	
2.4.12.B.1	Predict the possible long-term effects of adolescent sex on future education, on career plans, and on the various dimensions of wellness.
2.4.12.B.2	Evaluate information that supports abstinence from sexual activity using reliable research data.
2.4.12.B.3	Analyze factors that influence the choice, use, and effectiveness of contraception, including risk-reduction and risk-elimination strategies.
2.4.12.B.4	Compare and contrast attitudes and beliefs about gender identity, sexual orientation, and gender equity across cultures.
2.4.12.B.5	Relate preventative healthcare strategies of male/female reproductive systems to the prevention and treatment of disease (e.g., breast/testicular exams, Pap smear, HPV vaccine).

Pregnancy and Parenting	
2.4.12.C.1	Compare embryonic growth and fetal development in single and multiple pregnancies, including the incidence of complications and infant mortality.
2.4.12.C.2	Analyze the relationship of an individual's lifestyle choices during pregnancy and the incidence of fetal alcohol syndrome, sudden infant death syndrome, low birth weight, premature birth, and other disabilities.
2.4.12.C.3	Evaluate the methods and resources available to confirm pregnancy.
2.4.12.C.4	Determine the impact of physical, social, emotional, cultural, religious, ethical, and legal issues on elective pregnancy termination.
2.4.12.C.5	Evaluate parenting strategies used at various stages of child development based on valid sources of information.
2.4.12.C.6	Compare the legal rights and responsibilities of adolescents with those of adults regarding pregnancy, abortion, and parenting.
2.4.12.C.7	Analyze factors that affect the decision to become a parent.
Interdisciplinary Connections	
Standard x.x	
Integration of Technology	
Standard x.x	
CPI #	Cumulative Progress Indicator (CPI)
Instructional Focus	
Enduring Understandings	
<p>It is important to develop a personal opinion concerning contemporary health issues. To become a health advocate ideas and opinions need to be clear and organized. Becoming active participants in our own health decisions enhances community wellness.</p>	
Essential Question	
<p>What services do community health-care agencies provide? How can I become a leader and health advocate?</p>	
Evidence of Learning (Assessments)	
<p>Tests Quizzes Rubrics – COMPETENCY I: COLLABORATION • Working Cooperatively COMPETENCY II: COMMUNICATION • Knowledge of technology and appropriate application Competency III: RESEARCH • Ethics</p>	

- Range of Resources
 - Learning and Evaluation
- Projects –
- COMPETENCY I: COLLABORATION
- Working Cooperatively
- COMPETENCY II: COMMUNICATION
- Knowledge of technology and appropriate application
- Competency III: RESEARCH
- Ethics
 - Range of Resources
 - Learning and Evaluation
- Homework
- Peer/Self-Assessment –
- COMPETENCY I: COLLABORATION
- Working Cooperatively

Objectives

Students will know or learn:

- Major diseases, including cardiovascular disease, hypertension, and various cancers.
- Basic health care plans
- Community health resources

Students will be able to:

- Discuss local and state laws that impact community wellness and formulate ways that individuals and groups can work together to improve community wellness.
- Formulate and express a position on a health issue
- Discuss health insurance plans
- Discuss major diseases, their cause and treatment

Integration

Technology Integration

Chrome Books

Writing Integration

Summaries

Competencies

- COMPETENCY I: COLLABORATION
- Working Cooperatively
- COMPETENCY II: COMMUNICATION
- Knowledge of technology and appropriate application
- Competency III: RESEARCH
- Ethics
 - Range of Resources

- Learning and Evaluation

Suggested Resources

www.cdc.gov

www.nlm.nih.gov

http://apps.nlm.nih.gov/againsttheodds/get_involved/index.cfm#JTC