

CHERRY HILL PUBLIC SCHOOLS
Cherry Hill, New Jersey

COURSE OUTLINE – 11TH GRADE HEALTH

I. GENERAL INFORMATION

- a) **Title: Junior Health Education**
- b) **Grade Level: Eleventh Grade**
- c) **Prerequisite: None**
- d) **Credits: 2.5 Credits**
- e) **Approval Date: August 1985; Revised 1995**
- f) **Written: Bob Hulme, Ira Kosloff, Phil Frank, Sandy Kowal, Sue Schooley**

II. Purpose

a. Description:

The junior health curriculum consists of four areas of study: drug education, fitness and nutrition, aging death, and dying, and family life education.

b. Course Goals:

- 1. **To become aware of the social pressures that are associated with alcohol and tobacco use, misuse and abuse. 2.1; 2.2; 2.3**
- 2. **To recognize the effect that the interaction of smoking, drinking, and eating habits have on our longevity. 2.1; 2.2; 1.3**
- 3. **To appreciate and recognize the role that health care services play in maintaining individual and community well being.**
- 4. **To understand and appreciate the impact and effect of disease on the individual, the family, and the community. 2.1.15-18**
- 5. **To review the information on the male and female reproductive systems; conception/contraception, abstinence and to understand the increasing effects of sexually transmitted diseases on our society.**
- 6. **To discuss the roles of health professionals in the prevention, care and treatment of individual, community, and worldwide health problems. 2.1.17, 18; 2.2.16; 2.3.16; 2.4.20**
- 7. **To become familiar with the aging process including death as part of the life cycle. 2.1; 2.2; 2.3; 2.4.15,16,18; 2.5; 2.6**

III. STUDENT OBJECTIVES:

a. Content:

- 1. **To review the problems related to drug misuse and abuse. 2.1;2.1;2.3**
- 2. **To learn the dangers related to tobacco use. 2.1; 2.1; 2.3**
- 3. **To learn the relationship of diet, exercise and weight control. 2.1.15, 16, 20; 2.2.12, 15 15, 16, 17; 2.3.13, 14; 2.5.11; 2.6**
- 4. **To learn how to effectively select health products and services. 2.1.17; 2.2.12; 2.3.13, 16; 2.4.20**
- 5. **To review the male and female reproductive systems, conception, contraception and abstinence. 2.1.15, 16; 24**
- 6. **To review the diseases associated with sexuality. 2.1.15, 16; 2.4**
- 7. **To become familiar with the aging process including death as part of the life cycle. 2.1; 2.2; 2.3; 2.4.15,16,18; 2.5; 2.6**

b. Skills:

- 1. **To be able to select a worthwhile health product. 2.1.17; 2.2.12; 2.3.13,16; 2.4.20**
- 2. **To be able to develop a healthful diet. 2.1.15,16,20; 2.2.12,13,15,16,17; 2.3.13,14,15; 2.5.11; 2.6**
- 3. **To be able to develop a personal exercise regimen. 2.5; 2.6**
- 4. **To be able to recognize the dangers associated with drugs, alcohol, and tobacco. 2.1; 2.2; 2.3**

COURSE OUTLINE – 11TH GRADE HEALTH

5. To be able to recognize the grieving process. 2.1.15,16,18; 2.2.15
6. To be able to recognize the reproductive anatomy and understand the processes of conception and contraception as well as sexually transmitted diseases. 2.1.15, 16; 2.4.

c. Affective:

1. To become informed as to make healthful decisions related to the use, misuse, and abuse of health products. 2.1; 2.2; 2.3; 2.4.19
2. To have increased interest and awareness of personal diet and nutrition needs. 2.1.15,16,20; 2.2.12,13,15,16,17; 2.3.13, 14, 15; 2.5.11; 2.6
3. To feel confident in one's knowledge of the human reproductive process. 2.1.15,16; 2.4
4. To become informed as to the changes that can take place as one ages. 2.1; 2.2; 2.3; 2.4.15 16, 18; 2.5, 2.d

d. Careers: 2.1.17,18; 2.3.16,17, 2.4.20;2.5; 2.6

1. To become knowledgeable of career opportunities in the health services field.
2. Review careers in preventive medicine, exercise, nutrition, and other health fields.

e. Affirmative Action: 2.1.17,18,20; 2.2.13,14,15,16; 2.3.15; 2.4.14-20

1. Sharing the responsibilities male/female
2. Stress the values of male/female relationships in the family
3. Recognizing individual differences

IV. COURSE OUTLINE

a. Drug Education

1. Drug Use and Abuse
2. From Use to Abuse
3. Psychoactive Drugs
4. Alcohol Education
5. Smoking and Health

b. Fitness and Nutrition

1. Proper Diet
2. Nutritional Needs
3. Weight Control/Body Composition

4. Physiology of Exercising and Dieting
5. Fatigue, Rest, Relaxation and Sleep

c. Health Issues

1. Rising cost of healthcare
2. Selecting health products and services
3. Aging and dealing with death
4. Depression/Suicide

d. Family Life

1. Review of reproductive system
2. Contraception
3. Sexually transmitted diseases (STD)
4. AIDS
 - a. What is AIDS?
 - b. How is AIDS spread?
 - c. Who can get AIDS?
 - d. Prevention
 - e. Cures and Treatments

V. SUPPLEMENTARY INSTRUCTIONAL MATERIAL (*Family Life Material)

a. Filmstrips

1. "If you Smoke: - Human Relations Media
2. "Feminine Mistake" – Media Five
3. "Marijuana Update: - Sunburst
4. "Physiology of Exercise" – Sunburst
5. "For the Sake of Your Heart" – AVNA
6. "How to Buy a Doctor: - AVNA
7. "American's Aged" – Current Affairs

COURSE OUTLINE – 11TH GRADE HEALTH

- 8. “Death and Dying” – Center for the Humanities**
- 9. “Living with Dying” – Center for the Humanities**
- 10. “Health Care, Can we Afford to Get Sick” – NY Times**
- 11. “How to Stop Smoking” – Sunburst**
- 12. “The Dynamics of Fitness” – Human Relations Media**
- 13. “The Death of a Friend: - Sunburst**
- 14. “Sexually Transmitted Diseases” – Guidance Associates**

b. Films

- 1. Pleasure Drugs”**
- 2. * “The Sexes” – CBS Reports – Report talking about the way young people meet and Socialize**
- 3. “Off Your Duff” – PBS**
- 4. “Chiropractic Care” – Dr. Monakian**
- 5. “Joan Robinson: Terminally III” – PBS**
- 6. “To Be a Doctor” – PBS**
- 7. * “CBS Reports – Boys and Girls Together: - East Media- A look at how boy-girl Relationships have changed in recent years**
- 8. * “AIDS- Can We Stop It” – Films for the Humanities**
- 9. * “A Letter to Brian” – American Red Cross – Discusses the misconceptions on how AIDS can be transmitted**

c. Guest Speakers

- 1. Substance Abuse**
- 2. Jamesburg**
- 3. Childbirth**
- 4. Teen Moms**
- 5. Depression/Suicide**
- 6. Anorexia**
- 7. AIDS**

VI. STUDENT EVALUATION

- a. All students will pass a departmental midterm and final exam.**
- b. Class Participation**
- c. Class Attendance is critical, particularly when outside speakers are Involved.**
- d. Speaker Summaries**
- e. Notebook**
- f. Projects/Homework**

VII. PROGRAM EVALUATION

- a. Grade Analysis**
- b. Teacher Survey**
- C. On going curriculum evaluation**
- d. Student survey**
- e. Post graduate survey**