

Contemporary Health

Pacing Guide

Unit Title	Unit Objectives	Vocab, Terms, Concepts	Benchmarks	Lessons	Assessments	Time Allotted
Mental Health	<p>Understanding the importance of mental health.</p> <p>The students will be able to effectively understand coping skills and the ability to overcome adversity.</p> <p>The students will also learn to become better citizens and not to judge others.</p> <p>Various life-skills will be learned in depth and at a level that everyone can understand.</p>	<p>Open-minded</p> <p>person, Stress,</p> <p>External Blame,</p> <p>Guilt, Worry</p>	<p>Strand 4-</p> <p>Standard</p> <p>1,3,5,6,7(4.1,4.2,4.5,4.6,4.7,4.8,4.9,4.10)</p>	<p>Lecture on Life Stories (Afro Theory, Silverdome, Straight A, Barb, BWB) Wayne Dyer, Music, Quotes</p>	<p>Content Journals,</p> <p>You Book, CD,</p> <p>Mental Health Test</p>	2 Weeks
Self-Esteem	<p>Understand what Self-Esteem is and how to improve it.</p> <p>The students will cognitively be able to comprehend the basic skills essential to be able to improve self-esteem.</p> <p>The students will also be able to improve themselves through different avenues such as writing and music.</p>	<p>Self-Esteem,</p> <p>BWB, Needs</p>	<p>Strand 2-</p> <p>Standard</p> <p>3,4(2.5,2.6,2.7),</p> <p>Strand 4-</p> <p>Standard</p> <p>1,3,5,6,7(4.1,4.2,4.5,4.6,4.7,4.8,4.9,4.10)</p>	<p>Lecture on Life Stories (Man in the Mirror, Choose your own Greatness, All Pain is the same, Physical/Emotional Needs are met) Wayne Dyer book</p>	<p>Content Journals,</p> <p>Self-Esteem Test</p>	1 Week
Abuse	<p>Understanding Abuse.</p> <p>The students will be able to cognitively be able to learn the effects of abuse.</p> <p>They will also learn how to cope with problems and how to make their lives better.</p>	<p>Child Abuse</p> <p>(Emotional, Sexual, Physical, Neglect)</p>	<p>Strand 3-</p> <p>Standard</p> <p>1,2,3,4,7(3.1,3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13)</p>	<p>Lecture on Abuse, Music, Life Stories</p>	<p>Content Journals,</p> <p>Abuse Test</p>	1 Week

Relationships	Understanding Relationships. Through life stories and analogies, the students will learn and understand how to maintain good relationships with people. They will learn the essential life-skills to live a fruitful life and at the same time how to deal with conflict and adversity when it arises.	No Justified Resentments, Snakebite Metaphor, Respectfully Listening	Strand 4- Standard 1,3,5,6,7(4.1,4.2,4.5,4.6,4.7,4.8,4.9,4.10)	Lecture on Life Stories (Jerry Seinfeld, Butterfly in the Woods, Why are Relationships so difficult?, Leonardville)	Marriage Project, Content Journals, Relationship Test	1 Week
Nutrition	Understanding the importance of Nutrition. Through lectures and the media the students will learn and understand how to become healthier individuals. The basic skills on how to eat and exercise will be stressed to the level of retainment.	Nutrients, Metabolism, Aerobic and Anaerobic Exercise	Strand 1- Standard 1,2,3,5,6,8(1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10)	Lecture on Nutrition, "Super Size Me" movie, Life Stories	Content Journals, Super Size Me Paper, Nutrition Test	1 Week
Body Systems	Learn and Understand the basics of the body systems in the human body. The students will cognitively be able to label and explain the basics of the bones and muscles in the human body.	Cardiovascular, Respiratory, Muscular, Skeletal, Nervous, Digestive, Urinary, Immune, Hormonal, Bone Types	Strand 5- Standard 1,2,3(5.1,5.2,5.3,5.4,5.5,5.6,5.7)	Lecture on Bones and Muscles, Body Systems, Group Projects, Fill in the Blanks Lesson, Life Stories	Content Journals, Body Systems Test, Bones and Muscles Test	1 Week
Psychoactive Drugs	Learn and Understand the effects of Drugs. Through lecture and videos, the students will learn the effects and implications of psychoactive drugs on the human body. They will also learn the impact of a person's actions if he or she chooses to be involved with drugs in any way.	Physical and Psychological Dependance, Addiction, Types of Drugs, Effects	Strand 2- Standard 1,2,3,4,6,7,8(2.1,2.2,2.3,2.4,2.5,2.6,2.7,2.8,2.9,2.10,2.11)	Lecture on Drugs, Movie Clips, Music (Red Hot Chili Peppers) B.C. Bud Article	Content Journals, Article Review, Drugs Test	2 Weeks

Communication	<p>Understand the Importance of Effective Communication.</p> <p>Through public speaking the students will comprehend the importance of effective communication.</p> <p>They will also understand the do's and don'ts when it comes to effective speaking and listening.</p>	<p>Effective Communication,</p> <p>Effective Listening, Public Speaking</p>	<p>Strand 4- Standard 1,3,5,6,7(4.1,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14)</p>	<p>Lecture on Effective Communication, Life Stories, Impromptu Speeches</p>	<p>Impromptu Speeches, Content Journals, Communication Test</p>	1 Week
Disease	<p>Understand Communicable and Infectious Diseases.</p> <p>The students will learn and understand basic information regarding communicable diseases.</p> <p>They will also learn prevention strategies on living a healthy lifestyle.</p> <p>They will also learn the safety precautions necessary to maintain a healthy life.</p>	<p>Microbes, Pathogens, Bacteria, Viruses, Vaccines, Immunity, Cancer</p>	<p>Strand 5- Standard 1,2,3,4,5(5.1,5.2,5.3,5.4,5.5,5.6,5.7,5.8,5.9,5.10,5.11,5.12,5.13)</p>	<p>Lecture on Infectious Diseases, Life Stories, Videos</p>	<p>Content Journals, Disease Test</p>	1 Week
Sexual Education	<p>Understand the Importance of Sexual Education.</p> <p>The students will learn the "Safer Choices" model of sexual educations.</p> <p>They will learn effective 'No' strategies and alternatives to having sexual intercourse.</p> <p>Abstinence will be presented as the safest and best choice when it comes to sex.</p> <p>Powerpoints and lectures will be used to illustrate the ideals that our students will be able to comprehend and implement into their lives.</p>	<p>STD's, HIV, AIDS, Tests, Symptoms,</p>	<p>Strand 6- Standard 1,2,3,7(6.1,6.2,6.3,6.4,6.5,6.6,6.7,6.8) Strand 7- Standard 1,2,3,4,5,6,7(7.1,7.2,7.3,7.4,7.5,7.6,7.7,7.8,7.9,7.10)</p>	<p>Lecture on Sex Ed, Safer Choices Book, STD Powerpoint</p>	<p>Content Journals, Sex Ed Test</p>	1 Week