**COURSE DESCRIPTION**

**Course Title:** Health 9

**Course Number:** 00626

**Course Prerequisites:** None

**Course Description:** Health 9 is a sequential continuation of the various aspects of health that provides a foundation for making educated health decisions consistent with Pennsylvania Health, Safety, and Physical Education standards. By becoming and remaining physically, mentally, socially, and emotionally healthy, students will favorably impact their lives and the lives of those around them. This course has a final exam.

**Suggested Grade Level**: Grade 9

**Length of Course:** One Semester

**Units of Credit:** .5

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:**

CSPG 47

To find the CSPG information, go to [CSPG](https://www.education.pa.gov/Educators/Certification/Staffing%20Guidelines/Pages/default.aspx)

**Certification verified by the WCSD Human Resources Department:** Yes No

**WCSD STUDENT DATA SYSTEM INFORMATION**

**Course Level:** Academic

**Mark Types:** Check all that apply.

F – Final Average MP – Marking Period EXM – Final Exam

**GPA Type**:  GPAEL-GPA Elementary  GPAML-GPA for Middle Level  NHS-National Honor Society

UGPA-Non-Weighted Grade Point Average  GPA-Weighted Grade Point Average

**State Course Code**: 08051

To find the State Course Code, go to [State Course Code](https://nces.ed.gov/forum/sced.asp), download the Excel file for *SCED*, click on SCED 6.0 tab, and choose the correct code that corresponds with the course.

**TEXTBOOKS AND SUPPLEMENTAL MATERIALS**

**Board Approved Textbooks, Software, and Materials:**

**Title:**  *Glencoe Health Hardbound*

**Publisher:** McGraw Hill

**ISBN #:**  #978-1-264-32021-9

**Copyright Date:** 2022

**WCSD Board Approval Date:** May 6th 2024

**Supplemental Materials:** CPR Manikins, AED Trainers

**Curriculum Document**

**WCSD Board Approval:**

**Date Finalized:** 2/15/2024

**Date Approved:**  6/10/2024

**Implementation Year:** 2024-2025

**SPECIAL EDUCATION, 504, and GIFTED REQUIREMENTS**

The teacher shall make appropriate modifications to instruction and assessment based on a student’s Individual Education Plan (IEP), Chapter 15 Section 504 Plan (504), and/or Gifted Individual Education Plan (GIEP).

**SCOPE AND SEQUENCE OF CONTENT AND CONCEPTS**

**Marking Period 1 & 3**

Healthful Living

* Understanding Health & Wellness
* Taking Charge of your Health
* Nutrition & Physical Activity

Mental Health

* Achieving Mental & Emotional Health
* Managing Stress
* Mental and Emotional problems

Cardiovascular System

* Including Act 7 (Hands Only CPR/AED)

**Marking Period 2 & 4**

Relationships

* Skills for Healthy Relationships
* Family & Peer Relationships

Reproductive Health

* Endocrine System
* Male Reproductive Health
* Female Reproductive Health
* Life Cycle

Diseases

* Communicable & Noncommunicable
* Sexually Transmitted

Substance Use & Abuse

* Tobacco
* Alcohol
* Drugs

**Standards/Eligible Content and Skills**

| **Performance Indicator** | **PA Core Standard and/or Eligible Content** | **Marking Period Taught** |
| --- | --- | --- |
| Evaluate factors that impact growth and development during adulthood and late adulthood. [acute and chronic illness/communicable and noncommunicable disease/health status/relationships (e.g., marriage, divorce, loss)/career choice/aging process/retirement)] | 10.1.12.A | All |
| Evaluate factors that impact the body systems and apply protective/preventive strategies. [fitness level/environment (e.g., pollutants available health care)/health status (e.g., physical, mental, social)/nutrition)] | 10.1.12.B | All |
| Analyze factors that impact nutritional choices of adults. [cost/food preparation (e.g., time, skills)/consumer skills (e.g., understanding food labels, evaluating fads)/nutritional knowledge/changes in nutritional requirements (e.g., age, physical activity level)] | 10.1.12.C | MP 1 & 3 |
| Evaluate issues relating to the use/non-use of drugs. [psychology of addiction/social impact (e.g., cost, relationships)/chemical use and fetal development/laws relating to alcohol, tobacco, and chemical substances/impact on the individual/impact on the community)] | 10.1.12.D | MP 2 & 4 |
| Identify and analyze factors that influence the prevention and control of health problems. (research/medical advances/technology/  government policies/regulations) | 10.1.12.E | All |
| Evaluate health care products and services that impact adult health practices. | 10.2.12.A | All |
| Assess factors that impact adult health consumer choices. (access to health information/access to health care/cost/safety) | 10.2.12.B | All |
| Compare and contrast the positive and negative effects of the media on adult personal health and safety. | 10.2.12.C | All |
| Examine and apply a decision-making process to the development of short and long-term health goals. | 10.2.12.D | MP 1 & 3 |
| Analyze the interrelationship between environmental factors and community health. (public health policies and laws/health promotion and disease prevention/individual choices/maintenance of environment/recreational opportunities/health status) | 10.2.12.E | All |
| Assess the personal and legal consequences of unsafe practices in the home, school, or community. (Loss of personal freedom/personal injury/loss of income/impact on others/loss of motor vehicle operator’s license. | 10.3.12.A | All |
| Analyze the impact of violence on the victim and surrounding community. | 10.3.12.C | All |
| Describe and apply strategies for emergency and long-term management of injuries. (rescue breathing/water rescue/self-care/sport injuries) | 10.3.9.B | MP 1 & 3 |

**ASSESSMENTS**

**PDE Academic Standards, Assessment Anchors, and Eligible Content:** The teacher must be knowledgeable of the PDE Academic Standards, Assessment Anchors, and Eligible Content and incorporate them regularly into planned instruction.

**Formative Assessments:** The teacher will utilize a variety of assessment methods to conduct in-process evaluations of student learning.

**Effective formative assessments for this course include:** Participation, Classwork, Homework, Project, and Skills Assessment

**Summative Assessments:** The teacher will utilize a variety of assessment methods to evaluate student learning at the end of an instructional task, lesson, and/or unit.

**Effective summative assessments for this course include:** Quizzes, Test, and Final Exam