

**WARREN COUNTY SCHOOL DISTRICT**  
**PLANNED INSTRUCTION**

**COURSE DESCRIPTION**

**Course Title:** Health 7

**Course Number:** 00605

**Course Prerequisites:** None

**Course Description:** (Include “no final exam” or “final exam required”)

Health 7 will address health issues through the Pennsylvania Academic Standards for Health, Safety, and Physical Education. Elements of the curriculum will include Concepts of Health, Healthful Living, and Safety and Injury Prevention. Students will access valid health information with the use of technology, media, health care personnel, and textbooks. It is hoped that each student will implement and value a personal health maintenance plan. No final exam.

**Suggested Grade Level:** Grade 7

**Length of Course:**        One Semester        Two Semesters   X   Other

(Describe) Currently one nine-week period.

**Units of Credit:**        None (Insert *NONE* if appropriate.)

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

(Insert certificate title and CSPG#) Health or Health and Physical Education

**Certification verified by WCSD Human Resources Department:**

  X   Yes        No

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

**Title:**

**Publisher:**

**ISBN #:**

**Copyright Date:**

**Date of WCSD Board Approval:**

**BOARD APPROVAL:****Date Written:** June 10, 2010**Date Approved:** \_\_\_\_\_**Implementation Year:** 2011-2012**Suggested Supplemental Materials:** (List or insert None) None**Course Standards****PA Academic Standards:** (List by Number and Description)

10.1 – Concepts of Health

10.2 – Healthful Living

10.3 – Safety and Injury Prevention

**WCSD Academic Standards:** (List or None)

None

**Industry or Other Standards:** (List, Identify Source or None)

None

**SPECIAL EDUCATION AND GIFTED REQUIREMENTS**

The teacher shall make appropriate modifications to instruction and assessment based on a student's Individual Education Plan (IEP) or Gifted Individual Education Plan (GIEP).

**SPECIFIC EDUCATIONAL OBJECTIVES/CORRESPONDING STANDARDS AND  
ELIGIBLE CONTENT WHERE APPLICABLE**

(List Objectives, PA Standards #'s, Other Standards (see samples at end))

**PA Standard: 10.1.6 Concepts of Health**

|    |   | X – performance assessed during that semester |   |              |
|----|---|---|---|--------------|
|    | Performance Indicators  | 1   | 2 | Assessment   |
| A. | Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes. |   |   | Written test |
| B. | Identify and describe the structure and function of the major body systems.   |   |   |              |
| C. | Analyze nutritional concepts that impact health.  |   |   |              |
| D. | Explain factors that influence childhood and adolescent drug use.   |   |   |              |
| E. | Identify health problems that can occur throughout life and describe ways to prevent them.  |   |   |              |

**PA Standard: 10.1.9 Concepts of Health**

X – performance assessed during that semester

|    | <b>Performance Indicators</b>  | <b>1</b> | <b>2</b> | <b>Assessment</b> |
|----|--|----------|----------|-------------------|
| A. | Analyze factors that impact growth and development between adolescence and adulthood.                    |          |          | Written test      |
| B. | Analyze the interdependence existing among the body systems  |          |          |                   |
| D. | Analyze prevention and intervention strategies in relation to adolescent and adult drug use.             |          |          |                   |
| E. | Analyze how personal choice, disease, and genetics can impact health maintenance and disease prevention. |          |          |                   |

**PA Standard: 10.2.6 Healthful Living**

X – performance assessed during that semester

|    | <b>Performance Indicators</b>  | <b>1</b> | <b>2</b> | <b>Assessment</b> |
|----|--|----------|----------|-------------------|
| C. | Explain the media's effect on health and safety issues.                                |          |          | Written test      |
| D. | Describe and apply the steps of a decision-making process to health and safety issues. |          |          |                   |
| E. | Analyze environmental factors that impact health.                                      |          |          |                   |

**PA Standard: 10.2.9 Healthful Living**

X – performance assessed during that semester

|    | <b>Performance Indicators</b>   | <b>1</b> | <b>2</b> | <b>Assessment</b> |
|----|---|----------|----------|-------------------|
| A. | Identify and describe health care products and services that impact adolescent health practices.  |          |          | Written test      |
| B. | Analyze the relationship between health-related information and adolescent consumer choices.      |          |          |                   |
| C. | Analyze media health and safety messages and describe their impact on personal health and safety. |          |          |                   |
| D. | Analyze and apply a decision-making process to adolescent health and safety issues.               |          |          |                   |
| E. | Explain the interrelationship between the environment and personal health.                        |          |          |                   |

**PA Standard: 10.3.6 Safety and Injury Prevention**

X – performance assessed during that semester

|    | <b>Performance Indicators</b>  | <b>1</b> | <b>2</b> | <b>Assessment</b> |
|----|--|----------|----------|-------------------|
| A. | Explain and apply safe practices in the home, school, and community. |          |          | Written test      |
| C. | Describe strategies to avoid or manage conflict and violence.        |          |          |                   |

**PA Standard: 10.3.9 Safety and Injury Prevention**

X – performance assessed during that semester

|    | <b>Performance Indicators</b>  | <b>1</b> | <b>2</b> | <b>Assessment</b> |
|----|--|----------|----------|-------------------|
| A. | Analyze the role of individual responsibility for safe practices and injury prevention in the home, school, and community. |          |          | Written test      |

## ASSESSMENTS

**PSSA Assessment Anchors Addressed:** The teacher must be knowledgeable of the PDE Assessment Anchors and/or Eligible Content and incorporate them into this planned instruction. Current assessment anchors can be found at [pde@state.pa.us](http://pde@state.pa.us).

**Formative Assessments:** The teacher will develop and use standards-based assessments throughout the course.

**Portfolio Assessment:** \_\_\_\_\_ Yes      X   No

**District-wide Final Examination Required:** \_\_\_\_\_ Yes      X   No

**Course Challenge Assessment (Describe):**

## REQUIRED COURSE SEQUENCE AND TIMELINE

(Content must be tied to objectives)

| Content Sequence | Dates |
|------------------|-------|
|------------------|-------|

### Objectives:

- Health and wellness
- Decisions for health: goal setting, refusal skills, communication skills
- Substance use and abuse: tobacco, alcohol, and drugs
- Reproductive system and sexually transmitted disease
- Cardiovascular system
- Safety and injury prevention

**WRITING TEAM:** Martha Asp, Darlene Beach, Kristopher Black, Holly Burt, Caryn Chew, Ronda Darling, Shannon Linkerhof, Jeff Manelick, Kay McKinney, Michele Johnson, Amy Morrison, Kimberly Nelson, Richard Nowacki, Steven Onuffer, Jeffrey Passaro, Michele Petrishen.

### WCSD STUDENT DATA SYSTEM INFORMATION

1. Is there a required final examination? \_\_\_\_\_ Yes      X   No
2. Does this course issue a mark/grade for the report card?      X   Yes    \_\_\_\_\_ No
3. Does this course issue a Pass/Fail mark?    \_\_\_\_\_ Yes      X   No
4. Is the course mark/grade part of the GPA calculation?    \_\_\_\_\_ Yes      X   No
5. Is the course eligible for Honor Roll calculation?      X   Yes    \_\_\_\_\_ No
6. What is the academic weight of the course?  
      X   No weight/Non credit                      \_\_\_\_\_ Standard weight  
    \_\_\_\_\_ Enhanced weight (Describe)