



## **Health and Physical Education 7**

### **Course Summary:**

The Health and Physical Education course will guide the student through material that will promote healthy, active lifestyles. Health topics include issues that are relevant to the age group, such as mental and emotional health, conflict resolution, and bullying. The student will also be immersed in the prevention and avoidance of drugs, alcohol, and tobacco. The student will receive the necessary strategies to help avoid the pitfalls of unhealthy and risky behaviors. The physical education portion of the course will offer great freedom as the student will be able to choose a physical education regimen that will fit the student's individual needs. The student will be given a choice of three paths that place emphasis on lifelong activities as well as current fitness trends. Physical education lessons are geared toward a "physically fit" lifestyle that will aid the student in the years to come and ensure a higher quality of life.

### **Course Outline**

#### **1. Understanding Health and Wellness**

1. Overall Health
  - Identify the three different aspects of health
  - Determine the link between health and wellness
  - Describe how the body and mind are connected
2. Taking Responsibility for Your Health
  - List and explain the three steps necessary for achieving health goals
  - Identify the seven health skills needed to ensure a healthy you
3. Factors That Affect Your Health
  - Explain why heredity is a health factor you cannot control
  - Describe two types of environmental health factors and explain the role each plays in your total health
4. Understanding Health Risks
  - Identify health risks
  - Describe health consequences of risks and risky behavior
  - Describe strategies you can use to evaluate health risks
5. The Impact of Community on Health
  - Describe how the school and the community affect personal health behaviors
  - Identify community resources that promote health
  - Define public health and describe careers and the training required for these careers

#### **2. Food and Nutrition**

1. Nutrients
  - Define "nutrient" and identify the three classes of nutrients that supply your body with energy
  - Describe how your body gets energy from the food you eat
  - Describe the role of carbohydrates, proteins, and fats as nutrients

- Recognize sources of carbohydrates, proteins, and fats in your diet
  - Learn how to select foods to create a healthy, balanced diet
  - Describe the benefits of eating foods to meet recommendations for minerals and vitamins
2. Choosing Food Wisely
    - Identify three main reasons why you eat
    - Describe the different influences on choices of food
    - Evaluate food choices using food labels
    - Identify healthy food choices using the MyPlate plan
    - Explain how allergens cause allergic reactions and discuss how to create an allergen-safe zone
    - Explain the importance of washing hands, not sharing food, and having allergen-safe zones
    - Describe the value of healthy food choices and encourage making healthy food choices.
  3. Planning Healthy Meals
    - Explain how dietary guidelines can help you plan a healthy diet
    - Utilize the MyPlate plan and Dietary Guidelines for Americans to plan healthy meals
    - Explain the benefits of eating a healthy breakfast
  4. The Circulatory System
    - Identify and describe structures and functions of the circulatory system
    - Describe how healthy food choices and physical activity keep the circulatory system healthy
    - Explain and give examples of active transportation
    - Analyze the health benefits of active transportation
  5. Digestion and Excretion
    - Identify the three main functions of the digestive system
    - Describe the process of digestion
    - Identify digestive organs and their functions
    - Describe how your body eliminates waste products
  6. Healthy Body Image
    - Examine how heredity, activity level, and body composition affect your weight
    - Explain what body mass index (BMI) is
    - Describe the benefits of having a positive body image
  7. Maintaining a Healthy Weight
    - State the benefits of maintaining a healthy weight
    - Identify health problems related to being overweight and underweight
    - Identify three common eating disorders
    - Explain the dangers of eating disorders
    - Define disordered eating and examples of eating disorders
    - Describe signs and factors for eating disorders
    - Identify resources for help and support with eating disorders

### 3. **Mental and Emotional Health**

#### 1. Emotions

- Differentiate between primary and learned emotions
- Understand the importance of being aware of your emotions
- Identify ways to cope with difficult emotions
- Describe situations that cause emotions and feelings and identify ways that help to predict how long an emotion might last.

2. Sleep
  - Evaluate the impact of sleep and rest on health and cognitive performance
  - Compare your sleep habits with recommended guidelines for teenagers
  - Create a household plan to meet recommended guidelines for sleep and rest
3. Stress
  - Define stress and identify sources of stress
  - Describe the body's reaction to stress
  - Identify effective strategies to manage stress
  - Identify physical and psychological responses to stress
  - Develop a plan to handle stressors in healthy ways
4. Mental Disorders
  - Recognize symptoms of mental disorders
  - Identify causes of mental disorders
  - Identify different types of mental disorders
  - Explain when mental illnesses or challenges require support or help
  - Identify resources that can help a person with mental illnesses or challenges
4. **Safety**
  1. Weather and Climate Safety
    - Explain how weather- or climate-related physical conditions affect individuals
    - Describe ways to prevent weather- or climate-related health conditions
    - Identify actions to take in order to protect against the harmful effects of the sun, heat, and cold
  2. Consumer Protection
    - Identify government agencies that provide consumer protections for health
    - Identify laws that provide consumer protections
  3. Staying Safe at Home
    - Identify potential safety issues related to being home and online
  4. Staying Safe in the Neighborhood
    - Identify potential safety issues related to being outdoors
  5. Pollution and Environmental Health
    - Describe human behaviors that contribute to types of pollution
    - Explain how environmental health affects other types of health
    - Demonstrate how to conserve and encourage others to conserve natural resources
  6. Harmful and Risky Behaviors
    - Explain why it is important to recognize harmful and risky behaviors
5. **Resolving Conflicts and Preventing Violence**
  1. Conflict
    - Define and explain the nature of conflict
    - Identify causes of conflict
    - Recognize the signs of conflict
    - Describe different types of conflict
    - Identify bullying and cyberbullying behavior
    - Create a campaign to prevent or stop types of bullying
  2. Violence
    - Define violence and identify types of violence
    - Identify causes and risk factors of violence
    - Identify strategies for preventing violence
    - Describe the cycle of violence
    - Explain myths and facts about gangs and their behaviors
    - Explain why people join gangs

- Promote awareness of consequences of gang involvement and healthy alternatives
3. Abuse
    - Define abuse
    - Describe different types of abuse
    - Recognize signs of abuse
    - Recognize that abuse is never the fault of the victim
- ## 6. Tobacco
1. Chemicals in Tobacco Products
    - Identify dangerous substances in tobacco products
    - Explain how nicotine affects the body
    - Describe nicotine addiction
    - Identify the chemicals used in vaping products
  2. Risks of Tobacco Use
    - Describe long-term health risks of using tobacco products
    - Identify the risks of exposure to secondhand smoke
    - List ways to avoid exposure to secondhand smoke
  3. Saying No to Tobacco
    - Recognize the importance of refusal skills to avoid tobacco use
    - Identify benefits of being tobacco free
    - Describe tips for quitting tobacco use
    - Identify strategies for avoiding tobacco
- ## 7. Alcohol
1. Teens and Alcohol
    - Identify factors that influence teen drinking
    - Explain the risks of underage drinking
  2. Long-Term Risks of Alcohol
    - Identify serious long-term health effects of alcohol abuse
    - Describe the stages and treatment of alcoholism
    - Identify how alcohol abuse affects others
  3. Choosing Not to Drink
    - Understand how refusal skills can help you stick to your decision not to drink
    - Identify and practice refusal skills
    - Describe benefits of avoiding situations where alcohol is present
- ## 8. Drugs
1. Legal and Illegal Drugs
    - Differentiate between legal and illegal drugs
    - Differentiate between drug abuse, drug misuse, and appropriate drug use
    - Describe different ways drugs affect your body
    - Identify risks of drug abuse
    - Identify the uses of marijuana-derived products
  2. Commonly Abused Drugs
    - Describe the effects of different classes of drugs on the body
    - Identify classes of drugs of concern in recent years
  3. Factors Affecting Drug Abuse
    - Identify risk factors for drug abuse
    - Identify protective factors that help you stay drug free
  4. Choosing to Be Drug Free
    - Recognize signs of drug abuse
    - Identify treatment options for people who abuse drugs
    - Describe steps you can take to stay drug free

- Identify behaviors that support a drug-free lifestyle
- Identify strategies for refusing drugs
- Identify school and community efforts to promote a drug-free lifestyle