

# Wyoming Department of Education Required Virtual Education Course Syllabus

## Natrona County School District # 1

Program Name	Natrona Virtual Learning	Content Area	PE
Course ID	NCV08051.1	Grade Level	9, 10, 11, 12
Course Name	Health	# of Credits	0.5
SCED Code	08051G0.5011	Curriculum Type	Odysseyware

### COURSE DESCRIPTION

*Health is a High School health science PE/ elective course that introduces students to what good health is, why good health is important, and what students should do in order to achieve good health.*

### WYOMING CONTENT AND PERFORMANCE STANDARDS

HE12.1.1	Locate and evaluate appropriate resources at school, in the community and beyond that help to enhance health (e.g., human resources, printed and electronic resources, equipment and facilitates, etc.). PA, PH, ME
HE12.1.2	Locate and evaluate appropriate resources at school, in the community and beyond that help to reduce health risks. (e.g., human resources, printed and electronic resources, equipment and facilitates, etc.). ATOD, SEXUALITY, PH
HE12.1.3	Use criteria to evaluate the validity of health information from a variety of sources (e.g., written, verbal, visual, electronic, etc.). ATOD, SEXUALITY, NUT
HE12.1.4	Use criteria to evaluate products that can enhance health and reduce health risks (e.g., Examine carefully performance supplements and make a judgment about the short and long term impact on an adolescent's health.). NUT, PA, ATOD
HE12.2.1	Analyze the types of decisions that would be appropriate for a specific health related situation (e.g., 1-step/automatic process appropriate for emergency, 5- step process appropriate for long-term decision). ATOD, SEXUALITY, IP/S
HE12.2.2	Apply a systematic decision making process that includes evaluation of consequences to enhance health (e.g., impact of decision on self, on others). SEXUALITY, IP/S, CEH
HE12.2.3	Apply a systematic decision making process that includes evaluation of consequences to reduce or avoid health risks. ATOD, SEXUALITY, IP/S
HE12.2.4	Evaluate how peers, culture, media and technology influence decisions students make about health practices and risk behaviors. SEXUALITY, ATOD, ME
HE12.2.5	Apply a systematic process to evaluate the evidence, claims, beliefs and/or points of view about non-familiar health related issues or problems. ATOD, PA, NUT
HE12.3.1	Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to enhance health. PH, CEH, ME
HE12.3.2	Evaluate verbal and non-verbal techniques for communicating effectively with family, peers and others to reduce or avoid health risks. ATOD, SEXUALITY, VP/B
HE12.3.3	Demonstrate the ability to use effective communication techniques to advocate for personal and community health. PH, CEH

HE12.3.4	Demonstrate the ability to use refusal, negotiation and collaboration skills to enhance health. ME, CEH, VP/B	
HE12.3.5	Demonstrate the ability to use refusal, negotiation and collaboration skills to reduce or avoid health risks. ATOD, SEXUALITY, VP/B	
HE12.3.6	Demonstrate the ability to use strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. IP/S, VP/B, ME	
HE12.3.7	Delineate a speaker's health argument and specific claims, distinguishing health claims that are supported by reasons and evidence from health claims that are not supported by reasons and evidence. ANY CONTENT AREA	
HE12.4.1	Analyze the relationship between personal health and their effect on self, others, and society. CEH, PCD, PA	
HE12.4.2	Demonstrate the ability to use a strategic approach to manage health risks and enhance health. NUT, PA, ME	
HE12.4.3	Demonstrate an understanding of behaviors that prevent the spread of disease. SEXUALITY, ATOD, PCD	
HE12.4.4	Explain signs of stress and how stress can affect health status. ME, ATOD	
HE12.4.5	Analyze age appropriate factors that create good stress and bad stress. ME, ATOD, SEXUALITY	
HE12.4.6	NO BENCHMARK FOR THIS CODE	
HE12.4.7	Evaluate the appropriateness of various strategies for managing stress and avoiding stress overload in specific situations (e.g. regular exercise to deal with divorce, regular sleep prior to testing, etc.). PA, NUT, PH	
HE12.4.8	Use criteria to set a long-term personal health goal and make a plan for achieving it. ME, PA, NUT	
HE12.4.9	Monitor progress toward achieving a long-term personal health goal and evaluate the effectiveness of the plan for meeting the goal (e.g., a plan to meet the goal of reducing body fat by the end of the semester was effective because it included a variety of activities that met scientific principles for fitness and weight loss (e.g., aerobic activity for 30-45 minutes daily, reducing sugar intake, increasing water intake, attending PE every day, etc.). ME, PA, NUT	
HE12.4.10	Evaluate strategies for being respectful of others and opposing stereotyping and prejudice. VP/B, CEH, ME	
HE12.4.11	Demonstrate the ability to advocate for the prevention of violence and bullying. VP/B, CEH, ME	
HE12.4.12	Analyze the relationship between physical, social, and mental and emotional health. VP/B, CEH ME	
SCOPE AND SEQUENCE		
UNIT OUTLINE	STANDARD#	OUTCOMES OBJECTIVES/STUDENT CENTERED GOALS
Adulthood	HE 12.2.1, HE 12.2.2, HE 12.2.3	Discuss different ways to maintain physical health. Identify aspects of being a responsible adult. Understand the physical and mental changes that take place during adulthood.
Healthy Life	HE 12.4.1	Explain how the health of the individual, family, and community relate to the nation's health goals. Explain the relationship between nutrition, quality of life, and disease. Analyze the relationship between health promotion and disease prevention.
Benefits of Proper Nutrition	HE 12.4.4	Identify the components of proper health and nutrition.

Choosing the Right Foods	HE 12.4.4	Understand the information given on food labels. Recognize that too many fats and not enough fiber may contribute to health problems.
Healthy Eating Habits	HE 12.4.4	Explain the importance of eating regular meals.
	HE 12.1.1	Explain the role of carbohydrates as the body's energy source. Explain the role of fats in maintaining a healthy body. Explain the role of proteins in maintaining a healthy body.
Vitamins and Minerals	HE 2.1.4	Describe the role of vitamins in maintaining a healthy body. Describe the role of minerals in maintaining a healthy body.
Developing Proper Eating Habits	HE 12.1.3	Understand the importance of eating a balanced diet. Examine the nutritional value obtained from the grain, vegetable, and fruit food groups.
Dairy Group and Proteins	HE 12.1.4	Examine the nutritional value obtained from dairy products. Recognize proteins as a good source as energy. Understand that oils and empty calories should be consumed in moderation.
Overweight and Obesity Causes	HE 12.4.8	Calculate body mass index to determine if a person is healthy, overweight, or obese. Compare food consumption levels and make recommendations for diet changes based on the FDA's nutritional guidelines. Define the health risks associated with being overweight or obese.
Exercise and Physical Fitness	HE 12.2.1	Distinguish between aerobic and anaerobic exercise. Identify the five components of physical fitness.
Healthy Life	HE 12.2.2, HE 12.2.3	Explain how the health of the individual, family, and community relate to the nation's health goals. Explain the relationship between nutrition, quality of life, and disease. Analyze the relationship between health promotion and disease prevention.
Exercise Program	HE 12.2.2	Evaluate your level of physical fitness. Know the four variables: mode, intensity, duration and frequency in planning an exercise program.

Project: How Fit Are You?	HE 12.2.3	According to the standards listed in the lesson, list the areas of physical fitness that you need to improve, if any. What types of exercise should you participate in to improve these areas?
Unit 3: Social and Mental Health	HE 12.3.6	Differentiate between mental and emotional health.
Mental and Emotional Health	HE 12.3.6	Differentiate between mental and emotional health. Describe types of mental health issues.
Social Health	HE 12.3.5	Understand the concept and importance of social health. Recognize the aspects of socially healthy skills.
Learning and Making Choices	HE 12.3.3, HE 12.3.4	State the steps needed to make decisions. Describe what emotional health is. Explain the importance of discerning between information that is true and untrue.
Friends Friends Friends	HE 12.4.12	Understand how friendships can impact thoughts and decisions. Recognize the signs of prejudice, cliques, and peer pressure.
Art of Refusal	HE 12.3.5	Understand the types and influences of peer pressure. Demonstrate refusal strategies.
Family	HE 12.3.1	Examine the importance of showing compassion to familymembers.
Project: Family of Healthy Living	HE 12.3.1	For this project, students will need to think about how all these aspects can work together, and how you can make sure you are in balance in every area. Write a 250-word paragraph, answering each question as completely as you can.
Media and Technology	HE 12.3.7	Analyze the health messages delivered through media and technology. Explain how technology has impacted the health status of individuals, families, communities, and the world.
Communication	HE 12.3.2	Analyze how communication is more than just words. Explain how communication is an interpersonal skill.
Presenting Health	HE 12.2.5	Develop evaluation criteria for health information. Demonstrate ways to utilize criteria to evaluate nutritional information for appropriateness.
Unit 4: Preventive Health Care and First Aid	HE 12.2.3	

Safety	HE 12.2.3	Examine safety practices that help people live responsibly.
Home Safety	HE 12.2.4	Determine ways to create a safe environment in the home.
Home Safety II	HE 12.2.4	Determine ways to create a safe environment in the home.
Home Safety III	HE 12.2.4	Determine ways to create a safe environment in the home.
Safety Guidelines	HE 12.2.3	Provide precautions to take to prevent house fires. Explain how to evacuate a burning building. Provide strategies to avoid electrical accidents.
Personal Safety	HE 12.2.3	Provide personal safety practices to avoid potentially harmful situations. Analyze strategies for preventing accidental injuries while using different modes of transportation.
Extreme Temperature	HE 12.2.2	Identify the signs of hypothermia and frostbite. Provide actions for responding to a hypothermia or frostbite victim. Identify the signs of heat exhaustion and heat stroke. Provide actions for responding to a heat exhaustion or heat stroke victim.
Disease and Prevention	HE 12.2.2	Differentiate between non-communicable and communicable diseases. Identify the types of pathogens that cause infectious (communicable) diseases. Examine how the body protects itself against invading pathogens. Recognize ways to avoid infections.
Infectious Disease	HE 12.2.1	Recognize the recommended immunizations for prevention of disease. Describe the causes, transmission, and symptoms of several infectious diseases.
Health Care	HE 12.4.3	Describe available health-related services, such as primary and preventative care. Understand the roles of different health care professionals. Describe the public health-related services in the community that relate to disease prevention and health promotion.
Access to Health Services	HE 12.4.2	Compare and analyze the cost, availability, and accessibility of health services for people of all ages. Identify, describe, and assess available health-related services in the community that relate to disease prevention and health promotion.

Project: Preventive Health	HE 12.2.1	Analyze the impact of the availability of health services in the community and the world. Research various school and community health services for people of all ages such as vision and hearing screenings and immunization programs. Identify situations requiring professional health services for people of all ages such as primary, preventive, and emergency care.
Health and the Law	HE 12.2.3	Analyze the influence of laws, policies, and practices on health-related issues including those related to disease prevention. Discuss the legal implications regarding sexual activity as it relates to minor persons.
Drug Use and Abuse	HE 12.2.3	Understand the classification of drugs. Define and describe drug abuse. Understand how a variety of drugs functions.
Alcohol	HE 12.1.1	Describe the harmful effects of alcohol on the body. Recognize the signs of alcohol dependence.
Tobacco	HE 12.1.1	Describe the harmful substances found in tobacco. Recognize the harmful effects tobacco has on the person using it and those surrounding. Understand signs of tobacco addiction.
Project: Risky Behaviors	HE 12.2.1	Students will analyze the negative effects of alcohol and smoking.
Project: Long-term Personal HealthPlan	HE 12.2.1	Students will formulate an effective long-term personal healthplan.