

Wyoming Department of Education Required Virtual Education Course Syllabus

Sheridan County School District # 1

Program Name	Sheridan County School District #1 Virtual School	Content Area	HE
Course ID	AC08051	Grade Level	9 - 12
Course Name	High School Health	# of Credits	0.5
SCED Code	08051	Curriculum Type	Acellus

COURSE DESCRIPTION

This five-star Acellus course was developed in association with Children's Mercy Hospital and is aligned with the National Health Education Standards. Course topics include: Physical Fitness, How your body works, Understanding Disease, Drugs and Medicines, Adolescence, First Aid, Hygiene and Healthcare, Acellus High School Health is A-G approved through the University of California.

WYOMING CONTENT AND PERFORMANCE STANDARDS

STANDARD#	BENCHMARK (Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets
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, SEXAULITY, 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
HE12.4.7	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
Unit 1	HE12.2.1, HE12.2.2, HE12.2.3, HE12.2.4, HE12.3.4, HE12.3.5, HE12.4.1, HE12.4.2, HE12.4.3, HE12.4.12, HE12.4.8, HE12.4.9, HE12.2.5	The introductory unit of this course introduces the need for students to take control of their health. Concepts introduced include the the six components of health, making good decisions, types of pressure, public health, and a healthy environment.
Unit 2	HE12.4.2, HE12.2.5	This unit delves into the concepts of avoiding injury, obesity in America, maintaining a healthy weight, an overview of nutrients, and MyPlate. Additionally, students will learn about carbohydrates, fats, protein, vitamins and minerals, dehydration, and stages of sleep.
Unit 3	HE12.2.5	This unit introduces the concepts and characteristics of hearing, the skeletal system, the muscular system, the musculoskeletal system, blood circulation, blood, the immune system, and nonspecific/specific responses.
Unit 4	HE12.4.3, HE12.2.5	In this unit, students learn the concepts and characteristics of bacteria and viruses, the spreading of disease, antibiotics and vaccines, diabetes, types of cancer, cancer treatment, hereditary disease, allergies and allergens, and arthritis.
Unit 5	HE12.1.2, HE12.2.4, HE12.3.4, HE12.3.5, HE12.4.1, HE12.4.2, HE12.2.5	This unit explores types of medicine including stimulants and depressants, as well as drug abuse, steroids, the importance of drug awareness, alcohol abuse, effects of tobacco, signs of addiction, and overcoming addiction.
Unit 6	HE12.4.2, HE12.2.5	In this unit, students explore the importance and characteristics of a healthy heart, cardiovascular disease, and heart attacks. Additionally, students learn about the respiratory system, the importance of taking care of your lungs, asthma, and the digestive system and removing waste.
Unit 7	HE12.4.2, HE12.2.5	Students delve into the function and characteristics of the nervous system in this unit. The parts of the brain and their functions, disorders of the nervous system, as well as infections and the nervous system are covered.

Unit 8	HE12.2.1, HE12.2.2, HE12.2.3, HE12.4.1, HE12.2.5	In this unit, students explore mental and physical changes, the importance of the endocrine system, hormones, aging, responsibility, and parenthood. Additionally, the characteristics of a healthy family are introduced.
Unit 9	HE12.1.1, HE12.1.2, HE12.3.1, HE12.3.2, HE12.3.3, HE12.4.4, HE12.4.5, HE12.4.7, HE12.4.12, HE12.2.5	This unit introduce students to the importance self-esteem and integrity, as well as communication skills, learning to listen, understanding emotions, and defense mechanisms. Additionally, student learn about dealing with stress and warning signs to be aware of.
Unit 10	HE12.1.2, HE12.3.6, HE12.4.1, HE12.4.10, HE12.4.11, HE12.2.5	Students will learn about avoiding violence and the importance of respect, recognizing abuse, preventing abuse, and resolving conflicts.
Unit 11	HE12.4.2, HE12.2.5	In this unit, students learn about the importance of first aid. Basic first aid concepts are introduced including burns, choking, CPR, bleeding, broken bones, shock, poison, and extreme temperatures.
Unit 12	HE12.1.1, HE12.1.2, HE12.1.3, HE12.1.4, HE12.3.7, HE12.4.1, HE12.4.2, HE12.2.5	This unit builds upon health and first aid concepts covered in the previous unit by introducing concepts including skin care, sunburn, and good habits. The concepts of healthcare providers, health insurance, healthcare products, and learning on the web are also covered.