

HEALTH CURRICULUM MAP - 1 Semester Course

Pleasant Hill High School		School Year: 2021-2022	Teacher: Mrs. Riddle	
		Content	Skills	Assessment
1st Quarter	August/ January	Intro to Health & Wellness	Define different types of health and be able to give examples of each.	Written test
	September/ February	1) Risk Factors 2) Nutrition	1)Identify behavioral, genetic, environmental and socioeconomic 2a)Identify nutrients 2b)Identify healthy eating 2c)Read food labels and know how they relate to nutrition	Written test Food label project
	October/ March	1)Body Weight 2)Body Image 3)Physical Fitness	1a)Figure body weight for height and composition 1b)Input nutrition information into an online food journal 2a)Identify aspects that influence body image 2b)Identify eating disorders 2c)Identify resources for disorders 3a)Identify benefits of physical fitness. 3b) Identify components of physical fitness	Written test Reflection of online food journal
2nd Quarter	November/ April	1)Non-communicable diseases 2)Infectious Diseases 3)STI's	1)Identify heart disease, stroke, cancer, diabetes, allergies, asthma, and arthritis	Written test STI poster

			<p>2a)Identify signs & symptoms of disease</p> <p>2b)Identify treatment & prevention of disease</p> <p>2c)Identify lines of defense</p> <p>3)Identify common STIs</p>	
	December/ May	<p>1)Reproduction</p> <p>2)Pregnancy</p> <p>3)Childbirth</p>	<p>1)Identify human reproductive system for males and females</p> <p>2a)Identify pregnancy calendar, diseases and disorders</p> <p>2b)Identify prenatal care and pregnancy problems</p> <p>3a)Identify how to prepare for childbirth</p> <p>3b) Identify how to care for newborns and their growth & development</p> <p>3c)Identify issues for teen parents</p>	Written test
	January	CPR	Perform CPR on a test dummy	Written test