

DESE Model Curriculum

GRADE LEVEL/UNIT TITLE: 9-12 CTE/Unit 1 Promoting Individual Wellness

Course Code: 096840

COURSE INTRODUCTION:

Course Description: This course meets the needs of today's students and focuses on the promotion of personal and family health throughout the life span. It includes concepts in communicable diseases, family relations, substance abuse, nutrition, sports nutrition, fitness and other concerns pertaining to the development of personal and family health. Career opportunities in health-related fields are investigated. This course meets the high school graduation requirement for health.

Course Rationale:

To assist Missouri citizens in preparing for success in family and career life, competencies in the Family and Individual Health course taught in Family and Consumer Sciences (FCS) education programs enable students to:

- a) construct meaning pertinent to health care knowledge;
- b) communicate effectively with family members and health care providers;
- c) solve problems impacting health and wellness; and
- d) and utilize leadership, problem-solving, and communication skills to make responsible health care decisions involving individuals, families, and communities.

Guiding Principles:

Integrating Processes Of Thinking, Communication, Leadership, and Management In Order To Apply Health and Wellness Knowledge And Skills.

1. Demonstrate components of critical thinking, creative thinking, and reasoning.
2. Evaluate effective communication processes in school, family, career, and community settings.
3. Demonstrate leadership that encourages participation and respect for the ideas, perspectives, and contributions of group members.
4. Apply management, decision-making, and problem solving processes to accomplish tasks and fulfill responsibilities.
5. Examine the interrelationships among thinking, communication, leadership, and management processes to address family, community, and workplace issues.
6. Demonstrate fundamentals for college and career success (e.g., strong work ethic, time-management, positive attitude, adaptability/flexibility, stress resilience, accountability, self-discipline, resourcefulness, cooperation, self-assessment).
7. Utilize FCCLA programs and activities to facilitate the health and wellness of individuals and families.

Course Essential Questions:

1. What knowledge is needed for an individual to have a healthy lifestyle throughout their life span?
2. How does the health of the individual impact the health and well-being of the family?
3. How does the health of the individual impact the health and well-being of society?

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UNIT DESCRIPTION: Unit 1 – Promoting Individual Wellness Students will examine how to promote a healthy lifestyle.	SUGGESTED UNIT TIMELINE: 3 weeks CLASS PERIOD (min.): 50 min periods per day			
ESSENTIAL QUESTIONS: <ol style="list-style-type: none"> 1. What role do body systems and functions play in promoting individual wellness? 2. How can you develop a healthy lifestyle? 3. How can healthy behaviors affect health status across the life span? 				
ESSENTIAL MEASURABLE LEARNING OBJECTIVES	CROSSWALK TO STANDARDS			
		NHES	CCSS ELA Grade Level	DOK
1. Describe functions of body systems including cardiovascular, digestive, reproductive, immune, urinary, hormonal, and skeletal, etc.			RI.9-10.4 RST.9-10.2	1
2. Compare and contrast health and wellness			WHST.9-10.9 RST.9-10.9	3
3. Predict how healthy behaviors affect health status		1.12.1 5.12.5	RST.9-10.1	3
4. Assess personal health practices and overall health status		6.12.1	RI.9-10.2 RST.9-10.8	3
5. Identify standards of personal hygiene			RST.9-10.2	1
6. Analyze the role of fitness components as they relate to individual wellness			RST.9-10.5	3
7. Develop a fitness plan integrating the fitness principles		6.12.4	WHST.9-10.8	2
8. Develop a plan to attain a personal health goal that addresses strengths, needs, and risks		6.12.2 5.12.4 5.12.2	WHST.9-10.8	2

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<p>ASSESSMENT DESCRIPTIONS*: (Write a brief overview here. Identify Formative/Summative. Actual assessments will be accessed by a link to PDF file or Word doc.)</p> <p>Formative Assessment - Obesity Article and 7 Dimensions of Wellness - Students will read an article on obesity and relate the effects of obesity to the 7 Dimensions of Wellness.</p> <p>Summative Assessment - Wellness Plan - Students will create a wellness plan based upon their own wellness assessments.</p> <p>*Attach Unit Summative Assessment, including Scoring Guides/Scoring Keys/Alignment Codes and DOK Levels for all items. Label each assessment according to the unit descriptions above (i.e., Grade Level/Course Title/Course Code, Unit #.)</p>	
Obj. #	INSTRUCTIONAL STRATEGIES:(research-based)(Teacher Methods)
1	1. Instructional Strategy 1_ Body Systems - Teacher will lead student in a class discussion, guided by the PowerPoint presentation over Body Systems
1	2. Instructional Strategy 2 _Body System Book - Teacher will provide students with the Body System Book to read and complete the instructional activity
2	3. Instructional Strategy 3_ 7 Dimensions of Wellness PowerPoint - Teacher will lead student in a class discussion, guided by the PowerPoint over the 7 Dimensions of Wellness
2 3 4 8	4. Instructional Strategy 4_ Definition of Wellness Survey - Teacher will provide survey: Survey is located at: http://definitionofwellness.com/wellness-assessment.html
5	5. Instructional Strategy 5 _Mr. Clean and Tidy-Teacher will provide students with the Mr. Clean and Tidy activity to read and complete the instructional activity
2 3 4	6. Instructional Strategy 6_ Formative Assessment _Obesity Article
6 7	7. Instructional Strategy 7_ Lifetime Fitness Principles PowerPoint - Teacher will lead students in a class discussion, guided by the PowerPoint over Lifetime Fitness Principles

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7	8. Instructional Strategy 8_ Teacher provides students with the Daily Fitness Plan worksheet and resources.
4 6 7 8	9. Instructional Strategy 9_ Summative Assessment _ Wellness Plan
Obj. #	INSTRUCTIONAL ACTIVITIES: (What Students Do)
1	1. Instructional Activity 1_ Body Systems - Students will follow along with the teacher led PowerPoint and take notes over Body Systems
1	2. Instructional Activity 2_ Body Systems Book - Students will complete the Body Systems Book
2	3. Instructional Activity 3_ 7 Dimensions of Wellness PowerPoint - Students will follow along with the teacher led PowerPoint and take notes over the 7 Dimensions of Wellness
2 3 4 8	4. Instructional Activity 4_ Definition of Wellness Survey - Students will take the survey located at: http://definitionofwellness.com/wellness-assessment.html
5	5. Instructional Activity 5_ Mr. Clean and Tidy group activity - Students will participate in the Mr. Clean and Tidy activity
2 3 4	6. Instructional Activity 6_ Formative Assessment - Obesity Article
6 7	7. Instructional Activity 7_ Lifetime Fitness Principles-Students will follow along with the teacher led PowerPoint and take notes over Lifetime Fitness Principles
7 8	8. Instructional Activity 8_ Students will develop a Daily Fitness plan using the worksheet, rubric, and additional materials.
7 8	9. Instructional Activity 9_ Summative Assessment - Wellness Plan
UNIT RESOURCES: (include internet addresses for linking)	

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FCCLA: Power of One, Nutrition & Wellness

CCSS: **Common Core State Standards (CCSS)**, accessed May 17, 2013, from <http://www.corestandards.org/>

CCTC: **Common Career Technical Core (CCTC)**, accessed May 17, 2013 from <http://www.careertech.org/career-technical-education/cctc/info.html>

NSFCSE: National Standards for Family and Consumer Sciences Education:, accessed May 30, 2013 from <http://www.nasafacs.org/national-standards-home.html>

NHS: National Health Education Standards (grades 9-12), accessed June 28, 2013 from <http://www.cdc.gov/healthyyouth/sher/standards/index.htm>

Resources@MCCE - H DVD ROM 30.4 - Circulatory System, Educational Video Network, HUNTSVILLE, TX, EDUCATIONAL VIDEO NETWORK, 2004. This program explores the key elements of the circulatory system--the heart, blood vessels, and blood. Students will: examine the structure and function of each aspect of the circulatory system; learn about various cardiovascular and blood diseases; learn ways to maintain the health of the circulatory system. 18 minutes.

Resources@MCCE - H DVD ROM 30.6 - Aging: The Natural Process, Medcom Trainex, CYPRESS, CA, MEDCOM TRAINEX, 2001. This program takes a look at the changes that occur naturally to the various systems of the human body as a person ages, and describes actions that can be taken to maximize and maintain their functionality. The material is organized around the following categories: Cardiovascular System; Respiratory System; Musculoskeletal System; Central Nervous System; Gastrointestinal System; Genitourinary System; Integumentary System; Touch and Pain; Vision; Hearing; Emotions. 37 minutes.

Resources@MCCE - FCS 20.0108 S755 - 50 Lessons Over Easy for Food Science and Nutrition Classes, Sunny Side Up!, FT. ATKINSON, WI, NASCO, 2004. Contains 50 lesson plans and activities for nutrition education. Each lesson is divided into an introduction game or activity, body of a lesson, and an evaluation tool. Lessons cover topics such as: nutrients, the digestive system, meal planning, food preparation and tools, kitchen equipment, specific food groups, careers in dietetics, etc. Age 11 and up.

Resources@MCCE - H DVD ROM 30.1 - Systems of the Body: Digestion, Human Relations Media, MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2007. Using 3-D animated sequences plus live-action video, program takes viewers on a tour of the digestive system from ingestion through elimination. Explores the break down of proteins, fats and carbohydrates and shows how different enzymes and acids interact to

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convert food into molecules that the body can use for energy. Grades 6 to 12. 16 minutes.

Resources@MCCE - H DVD ROM 30.5 - The Human Body: The Reproductive System, 2nd Edition, Revised, Phoenix Learning Group, ST. LOUIS, MO, PHOENIX LEARNING GROUP, 2008. This program explores the complex events and genetic contributions required by both male and female reproductive systems in the reproductive process. Grade Levels: 7 to Adult. 18 minutes.

Resources@MCCE - H DVD ROM 30.51 - Human Reproduction and Childbirth, Human Relations Media, MT. KISCO, NY, HUMAN RELATIONS MEDIA, 2009. This program illustrates the biological functions of the different parts of the male and female reproductive systems. It shows how millions of sperm race through the uterus and into the fallopian tube where fertilization occurs, and subsequently how the fertilized egg develops into an embryo. Program also describes the basics of menstruation. Animated graphics detail the different stages or trimesters of embryonic and fetal development. The program also follows a young couple through the woman's pregnancy, as both husband and wife describe the importance of good nutrition, sleep, low stress, and avoidance of alcohol and drugs. The process of birth is described as the young couple talks about their joy at the birth of their baby daughter. Grades 7 to College. 21 minutes.

Resources@MCCE - H DVD ROM 30.112 - The Human Body How It Works: The Immune System, Films for the Humanities & Sciences, NEW YORK, NY, FILMS MEDIA GROUP, 2009. This program examines how the human immune system defends the body against disease-causing invaders—and how in some cases its antigen-fighting capabilities can be turned against the bodily cells it protects. Topics include the elements of the immune system, passive barrier defenses and nonspecific reactive responses, the humoral immune response and its associated antibodies, and the process of cell-mediated immunity. The program also addresses the importance of vaccines, the mechanics of allergies and autoimmune diseases, and advances in the field of immunology. Includes instructor's guide. 22 minutes.

Resources@MCCE - H DVD ROM 42.1 - The Latest About HIV and AIDS: What Every Student Still Needs to Know, Human Relations Media MT. KISCO, NY, HUMAN RELATIONS MEDIA, 2012. NOTE: Two supplemental programs are included on this DVD--How to Use a Female Condom and How to Use a Male Condom. These programs use graphics to demonstrate the proper way to use a condom. Before using these optional programs you may need to check with your school's policy on sex education as to whether parental permission is required. The program details how HIV invades CD4 cells and weakens the body's immune system and can lead to AIDS. Program debunks myths about how the virus is transmitted and identifies those behaviors that do--and do not--put people at risk of HIV infection. Grades 7 to College. 24 minutes.

Resources@MCCE - G&C DVD ROM 18 - Healthy Body, Healthy Body Image, Sunburst Visual Media, HAWTHORNE, NY, SUNBURST VISUAL MEDIA, 2005. Using interviews with real teens this program explores the reality of how most people actually look, how young people respond to media images and how they can maintain a positive self-image. Examines the dangers of anorexia, bulimia, overeating and the pressures to use muscle growth-promoting hormones. Promotes self-acceptance and stresses the need to eat a healthy, well balanced diet. Empowers teens to

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maintain a sensible, realistic body image attuned to the uniqueness of their own bodies. Grade level: 7-12. Includes teacher's guide. 26 minutes.

Resources@MCCE - H DVD ROM 30.2 - Systems of the Body: Muscles and Bones, Human Relations Media, MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2008. This program gives viewers an introduction to the muscular-skeletal system as students see and hear how our 206 bones and 70,000 muscles work together to give us the ability to move and perform complex tasks. Students learn that the skeleton not only provides a frame for our bodies, but it also protects our internal organs and actually makes certain kinds of cells produced in the bone marrow. Illustrates the role of ligaments, cartilage and tendons and their connection to muscles and bones. Describes the three different kinds of muscles (skeletal, smooth and cardiac) and how they are operated and maintained. 20 minutes. Grades 6 to 12.

Resources@MCCE - H DVD ROM 30 - Health and Wellness Video Clips, Part 1, Films for the Humanities & Sciences, PRINCETON, NJ, FILMS MEDIA, 2008. Collection of 24 video clips sheds light on pain, aging, and health threats. Special attention is given to the spine, a common source of discomfort; the effects of old age at both the macro and micro levels; and a variety of risks to physical well-being: malarial infection, food-related pathogens, alcohol overconsumption, naturally occurring bodily toxins, the common cold, and the indiscriminate elimination of epidermal bacteria through over-aggressive hygiene. Video clips include: Understanding Pain; Growing Old; Health Threats. 74 minutes.

Resources@MCCE - FCS VIDEO 190 - Nutrition for Active Fitness, Meridian Educational Corp., BLOOMINGTON, IL, MERIDIAN EDUCATIONAL CORP., 2000. Describes what nutrients active teens need for their best performance. Examples of foods recommended in order to have the most energy and body stamina. Tips on nutrition and how it benefits teens. 17 minutes

Resources@MCCE - R 20.0108 M1163 - Sports & Foods Lesson Plans, Revised 2006, Catherine Macpherson and Melanie Nelson, OWATONNA, MN, LEARNING ZONEXPRESS, 2006. This resource is designed to introduce the connection between proper nutrition and peak performance, on and off the athletic field. Topics covered include: Nutrition and fitness self-assessments; Nutrition basics; Food myths and facts; Components of fitness; Body composition and energy balance; Current food and fitness issues. Shopping skills, evaluating the nutrients in various foods and managing energy intake are among this collection of readings, tests, and recipes. Appropriate for grades 6-12.