

## DESE Model Curriculum

GRADE LEVEL/UNIT TITLE: 9-12 CTE/Unit 6 Assessing Health Related Resources

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?

## DESE Model Curriculum

GRADE LEVEL/UNIT TITLE: 9-12 CTE/Unit 6 Assessing Health Related Resources

Course Code: 096840

--

<b>UNIT DESCRIPTION:</b> Unit 6 - ASSESSING HEALTH RELATED RESOURCES	<b>SUGGESTED UNIT TIMELINE:</b> 2 weeks					
This unit explores the factors influencing health care decisions, the accessibility of information and services, and how to evaluate services and products.	<b>CLASS PERIOD (min.):</b> 50 min class periods					
<b>ESSENTIAL QUESTIONS:</b>  1. How do you determine when a situation requires professional health services? 2. What health related information, products and services are needed throughout the life cycle? 3. How would you access health related information, products and services?						
<b>ESSENTIAL MEASURABLE LEARNING OBJECTIVES</b>						
			<b>NHES</b>	<b>CCSS ELA Grade Level</b>	<b>NSFCSE</b>	<b>DOK</b>
1. Determine situations that require professional health service			3.8.4 3.12.4 5.12.3	SL.9-10.4		3
2. Describe factors that influence personal selection of health-care resources, products, and services			3.2.1	RST.9-10.9		2
3. Examine resources from home, school, and community that provide valid health information, products, and services			3.5.1 3.5.2	RST.9-10.9		1
4. Evaluate the validity of health information, products, support and protection services			3.12.1	RST.9-10.4 SL.9-10.3		3
5. Determine the accessibility of health information, products, support and protection			3.12.1 3.12.3	RI.9-10.4 SL.9-10.2		3

## DESE Model Curriculum

GRADE LEVEL/UNIT TITLE: 9-12 CTE/Unit 6 Assessing Health Related Resources

Course Code: 096840

services that enhance health						
6.	Analyze the relationship between access to health care and health status			8.8.1 8.12.2 8.12.3	SL9-10.2	4
7.	Compare costs and benefits of available health-care coverage				SL.9-10.2	2
<b>ASSESSMENT DESCRIPTIONS*:</b> (Write a brief overview here. Identify Formative/Summative. Actual assessments will be accessed by a link to PDF file or Word doc. )  Formative Assessment_Seeking Professional Help    Students complete the Seeking Professional Help questionnaire  Summative Assessment_Public Service Announcement    Students will create a public service announcement that helps people understand that health disorders require diagnosis and treatment.  <b>*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 #.)</b>						
<b>Obj. #</b>	<b>INSTRUCTIONAL STRATEGIES (research-based): (Teacher Methods).</b>					
1	1. Instructional Strategy 1_Teacher will show PowerPoint <i>When to Seek Professional Health Services</i> and provide students with the article referenced in the PowerPoint discussing when to seek a doctor’s help for physical needs.					
1	2. Instructional Strategy 2_Teacher will provide students with questions that coincide with the Mental and Emotional section of the PowerPoint - <i>When to Seek Professional Health Services</i> . Students will answer the questions while the teacher presents the PowerPoint.					
1	3. Instructional Strategy 3_ Formative Assessment – Seeking Professional Help					
2 3	4. Instructional Strategy 4_Teacher will provide students with interview questions “Factors that Influence Health Decisions” to ask members of their family, school and community.					
1 2	5. Instructional Strategy 5_ Summative Assessment – Public Service Announcement					
4	6. Instructional Strategy 6_Teacher will provide students with Evaluate Health Information worksheet and directions. Students will use technology to evaluate information pertaining to a disease or condition. Teacher will assign a disease to each student to investigate.					

## DESE Model Curriculum

GRADE LEVEL/UNIT TITLE: 9-12 CTE/Unit 6 Assessing Health Related Resources

Course Code: 096840

5	7. Instructional Strategy 7_Teacher introduce terms that pertain to health insurance and guide students in answering questions about different scenarios and insurance coverage and cost using information from <i>Don't Risk It Lesson Plan: Health Insurance</i> from the Missouri Department of Insurance. <a href="http://insurance.mo.gov/Contribute%20Documents/HealthInsLessonPlan.pdf">http://insurance.mo.gov/Contribute%20Documents/HealthInsLessonPlan.pdf</a>
6 7	8. Instructional Strategy 8_Teacher will use the National Discussion and Debate Series: Health Care – Lesson Three: Health Care Interviews worksheet as the basis for the student activity on Health Care.
<b>Obj. #</b>	<b>INSTRUCTIONAL ACTIVITIES: (What Students Do)</b>
1	1. Instructional Activity 1_Students will summarize an article referenced in the PowerPoint discussing when to seek a doctor's help for physical needs.
1	2. Instructional Activity 2_Students will answer questions about recognizing and seeking professional treatment for mental health as they watch the PowerPoint.
1	3. Instructional Activity 3_ Formative Assessment – Seeking Professional Help
2 3	4. Instructional Activity 4_Students will conduct interviews and summarize their findings using "Factors that Influence Health Decisions".
1 2	5. Instructional Activity 5_Summative Assessment – Public Service Announcement
4	6. Instructional Activity 6_Students will research a disease or disorder, as a health literate person would and evaluate its content using the Evaluate Health Information worksheet.
5	7. Instructional Activity 7_Students will complete the scenario worksheets to determine what each person and each company will pay for health care insurance using <i>Don't Risk It Lesson Plan: Health Insurance</i> from the Missouri Department of Insurance. <a href="http://insurance.mo.gov/Contribute%20Documents/HealthInsLessonPlan.pdf">http://insurance.mo.gov/Contribute%20Documents/HealthInsLessonPlan.pdf</a>
6 7	8. Instructional Activity 8_Students will conduct interviews using instructions taken from the National Discussion and Debate Series: Health Care – Lesson Three: Health Care Interviews worksheet. Students will list their questions or insights after viewing the interview cards prepared by classmates displayed around the room.
<b>UNIT RESOURCES: (include internet addresses for linking)</b>  <a href="http://www.merckmanuals.com/home/fundamentals/making_the_most_of_health_care/when_to_see_a_doctor.html">http://www.merckmanuals.com/home/fundamentals/making_the_most_of_health_care/when_to_see_a_doctor.html</a> 4/2/2013  <a href="http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Mental_health_problems_early_care_helps">http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Mental_health_problems_early_care_helps</a> 4/6/2013  <a href="http://www.psychologytoday.com/experts/lisa-firestone-phd">http://www.psychologytoday.com/experts/lisa-firestone-phd</a> 4/6/2013	

## DESE Model Curriculum

GRADE LEVEL/UNIT TITLE: 9-12 CTE/Unit 6 Assessing Health Related Resources

Course Code: 096840

[List of Careers in the Mental Health Field | eHow.com http://www.ehow.com/list\\_6503379\\_list-careers-mental-health-field.html#ixzz2OZr1amLy](http://www.ehow.com/list_6503379_list-careers-mental-health-field.html#ixzz2OZr1amLy) 4/3/2013

<http://www.mayoclinic.com/health/mental-illness/DS01104/DSECTION=treatments-and-drugs> 4/3/2013

<http://www.webmd.com/balance/family-therapy-6301> 4/3/2013

Symptom checker on Web MD: <http://symptoms.webmd.com/default.htm#./introView> 4/3/2013

How to choose a Health Practitioner: <http://www.healthychild.com/general/choosing-a-health-practitioner-for-your-child/> 4/4/2013

Teens Health [http://kidshealth.org/teen/diseases\\_conditions/](http://kidshealth.org/teen/diseases_conditions/) 4/4/2013

<http://insurance.mo.gov/consumers/teens/educators.php> 4/6/2013

health care, [http://kidshealth.org/parent/positive/issues\\_2011/2011\\_reform.html](http://kidshealth.org/parent/positive/issues_2011/2011_reform.html) 4/3/2013

Figuring out Health Insurance: <http://money.cnn.com/magazines/moneymag/money101/lesson16/index.htm> 4/4/2013

<http://insurance.mo.gov/Contribute%20Documents/HealthInsLessonPlan.pdf>

[http://www.pbs.org/newshour/extra/teachers/lessonplans/us/jan-june08/healthcare\\_lp3.pdf](http://www.pbs.org/newshour/extra/teachers/lessonplans/us/jan-june08/healthcare_lp3.pdf) 4/4/2013

<http://millercenter.org/public/debates/healthcare> 4/3/2013

Other:

[http://www.campusmindworks.org/students/when\\_to\\_get\\_help/Knowing%20When%20to%20Seek%20Professional%20Help.asp](http://www.campusmindworks.org/students/when_to_get_help/Knowing%20When%20to%20Seek%20Professional%20Help.asp) 4/3/2013

Health Literacy Missouri <http://www.healthliteracymissouri.org/our-services/resources> 4/4/2013

Health Insurance Calculator : <http://www.ehealthinsurance.com/> 4/6/2013

## DESE Model Curriculum

GRADE LEVEL/UNIT TITLE: 9-12 CTE/Unit 6 Assessing Health Related Resources

Course Code: 096840

**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>

**FCS:** **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 80 - Healthcare Paradigm Shift: The Role of Fitness in Healthcare**, Medical Fitness Association, MONTEREY, CA, HEALTHY LEARNING, 2010. A presentation from the 15th Annual MFA Medical Fitness and Health Conference that reviews how integrated medical fitness has become a critical component to the new emerging healthcare delivery system and looks at how this system has contributed to a decrease in the level of healthcare utilization and healthcare costs. Also details how the system has had a positive impact on both the level of non-traditional revenues and the number of new patients. Topics covered include: Current status of healthcare; Changes already underway; A retail medical clinic; What is the paradigm? 51 minutes.