

HEALTH TWO

State Assessment: CBA is required

INTRODUCTION

CHAPTER 1 REVIEW

1. Understand health concepts

LIFESTYLE & DISEASES – EALR 1.0, 2.0, 3.0, & 4.0

Fitness: EALR 1.0, 3.0, 4.0

UNIT 2: CHAPTERS 4 & 6

1. Identify and describe the 5 elements of fitness: Cardiorespiratory, Muscular Strength, Muscular endurance, Body Composition, Flexibility.
2. Identify and describe the FITT principle.
3. Identify and describe phases of a workout.
4. Design a personal fitness plan based on personal interests and life goals.
5. Identify a daily/weekly monitoring system for personal fitness plan.
6. Identify how the fitness plan may change in 10, 20, and 30 years based on changes in goals and interests.
7. Identify how fitness is related to a variety of careers, occupation, and recreation.
8. Identify fitness requirements needed for certain occupations/careers.
9. Analyze a fitness problem/issue.

Nutrition: EALR 1.0, 4.0

UNIT 2: CHAPTERS 5 & 6

1. Identify how nutrition is related to fitness.
2. Identify 6 macronutrients, dietary guidelines, caloric needs, basal metabolic rate, and weight control.
3. Identify ways to monitor and track ones diet and how it relates to fitness.
4. Describe the purpose of food labels.
5. Identify eating disorders and the effects they have on the human body both physically and mentally.
6. Evaluate various nutritional products for value and effectiveness (i.e. fad diets)

Diseases: EALR 2.0

Non-Communicable diseases:

CHAPTER 26

1. Define cancer and list major types, causes, and treatments.
2. Describe the 7 warning signs of cancer (CAUTION).
3. Differentiate between malignant and benign tumors.
4. Explain procedures for male and female cancer self-examinations.
5. Describe impact of cancer on self, family, and friends.
6. Define Heart Disease and list major types, causes, and treatment.
7. Describe how fitness and nutrition are related to heart disease.
8. Define Diabetes and identify types, causes, and treatment.
9. Identify hereditary factors associated with non-communicable diseases.
10. Assess one's own hereditary risk factors and how they plan to deal with them in regards to their own health.

Communicable Diseases:

CHAPTER 25

1. Define HIV/AIDS and identify ways of transmission, causes, prevention, and treatment.
2. Explain testing used to identify if someone is HIV positive (ELISA, Western Blot)
3. Define hepatitis and identify major types, causes, prevention, and treatment.
4. Identify other communicable diseases affecting the world (i.e. SARS, Mad Cow etc.)

FIRST AID AND CPR- EALR 2.0

AMERICAN RED CROSS

SUPPLEMENTAL: UNIT 9 CHAPTERS 27 & 28

1. Complete by demonstration of the skills needed to receive a CPR card.
2. Complete by demonstration of the skills needed to receive a First Aid card.
3. Intervene appropriately in an emergency situation.

CHEMICAL DEPENDENCY- EALR 2.0

UNIT 7: CHAPTER 22-lesson 3, CHAPTER 23-lessons 1, 2, & 5

1. Identify stages of addiction process.
2. Define denial, enabling, and intervention in relation to chemical dependency.
3. Identify legal implications of drugs/alcohol/tobacco at school, community, state, and federal levels.
4. Identify treatment options.
5. Identify how the recovery process works.

CONSUMER- EALR 3.0

UNIT 1: CHAPTER 3

1. Analyze and evaluate advertisements and commercials.
2. Define quackery, reliable, unreliable, approved, and non-approved as they are related to health products.
3. Identify major health related agencies.
4. List and describe health-related careers.
5. Identify dangers of certain occupations and how they can impact ones health.

LIFE LOSSES- EALR 3.0

UNIT 3: CHAPTER 9-lesson 2, 3, & 4

1. Identify the cycle of dealing with death, dying, and loss.
2. Analyze and explain how death/loss may impact family, friends, school, and work.

CHAPTER 14 IF TIME ALLOWS