



# U.S. INTERNATIONAL CHRISTIAN ACADEMY

is an independent, international autonomous global high school institution

Serving students since 2001

**Owned and Operated by Teachers**

25 years of experience in Teaching and Administration

[www.USICAhs.org](http://www.USICAhs.org)

[admin@USICAhs.org](mailto:admin@USICAhs.org)



<http://www.usicahs.org/Library.html>

<http://www.usicahs.org/Curriculum.html>

## LESSON PLAN

**Grade/Course: HEALTH FITNESS LIFESTYLE DESIGN 1501310**

**Grade Level: 9<sup>th</sup>, High School**

**A)TEXT BOOK: HEALTH SKILLS FOR WELLNESS THIRD EDITION STUDENT EDITION HARDCOVER 2001C [Hardcover] PRENTICE HALL (Author)**

**ISBN-10: 0130521264 | ISBN-13: 978-013052126**

**Order No.:** 1

**Code:**HEA5001

**Class Type:** Online

**Resources:**

Text book  
Teacher works CD  
Teacher interactive online  
Links

Skype-Conference  
Photographs for use in teaching

**Length:** 1 year

**Instructional Supports:**

Textbook, Magazines, Journals, Websites, Links, Conference, Comprehensive Reading Plan, Health T.V. Network, Presidential Youth Fitness Program

**Area:** Health

**Credits:** 1

**Total Numbers of class hours:**300 hrs

**Type:** Mandatory

**Standards:**  
Florida Sunshine State Standards

**Prerequisite:**

No prerequisite

## **B) LESSON PLAN Description:**

This course is designed to assist students in obtaining accurate information, developing lifelong positive attitudes and behaviors, and making wise decisions related to their personal health. Study will include personal and community health; mental, emotional, and social health; injury prevention and safety; nutrition and physical activity; alcohol, tobacco, and other drugs; growth, development, and sexual health. Central themes are the acceptance of personal responsibility for lifelong health, respect for and promotion of the health of others, an understanding of the process of growth and development, and informed use of health-related information, products, and services.

## **C) LESSON PLAN Objectives:**

1. To develop in all students an understanding of Health and Wellness
  - Analyze and solve real-life health problems.
  - Work cooperatively on tasks that develop and enhance their conceptual understanding of health.
  - Develop lifelong positive attitudes and behaviors related to health.
  - Incorporate health-related knowledge into everyday behavior.
  - Understand the effects of personal behavior on the health and well-being of others.
  - Understand the influence that people have on the environment and the way in which elements within the environment affect the health of groups and individuals.
  - Understand the aspects of physical, mental, emotional, and social growth and development common to all people as well as those aspects that are unique to individuals.

## **D) LESSON PLAN Contents:**

### **UNIT 1 Mental Health**

Chapter 1 Making Healthy Choices (Weeks 1 & 2)  
Chapter 2 Personality and Self-Esteem (Weeks 3 & 4)  
Chapter 3 Managing Stress (Weeks 5 & 6)  
Chapter 4 Mental Disorders and Suicide (Weeks 7 & 8)

### **UNIT 2 Social Health**

Chapter 5 You and your Family (Weeks 9 & 10)  
Chapter 6 Building Healthy Relationships (Weeks 11 & 12)  
Chapter 7 Preventing Violence (Weeks 13 & 14)

### **UNIT 3 Human Development**

Chapter 8 Reproduction and Heredity (Weeks 15 & 16)  
Chapter 9 Pregnancy and Birth (Weeks 17 & 18)  
Chapter 10 Childhood and Adolescence (Weeks 19 & 20)  
Chapter 11 Adulthood, aging, and Death (Weeks 21 & 22)

#### **UNIT 4 Nutrition and Fitness**

- Chapter 12 Food and Nutrition (Week 23 )
- Chapter 13 Making Healthy Food Choices (Week 24)
- Chapter 14 Digestion and Excretion (Week 25)
- Chapter 15 Movement and Coordination ( Wee 26)
- Chapter 16 Cardiovascular and Respiratory Health (Weeks 27)
- Chapter 17 Exercise , Rest and Recreation ( Week 28)
- Chapter 18 Personal Care (Week 29)

#### **UNIT5 Substance Abuse**

- Chapter 19 Alcohol (Week 30)
- Chapter 20 Tobacco (Week 31)
- Chapter 21 Preventing Drug Abuse ( Week 32)

#### **UNIT 6 Preventing Disease**

- Chapter 22 Infectious Diseases (Week 33)
- Chapter 23 Aids and Sexually Transmitted Diseases (Week 34)
- Chapter 24 Noninfectious Diseases and Disabilities (Week 35)

#### **UNIT 7 Environmental and Community Health**

- Chapter 25 A Healthy Environment (Week 36)
- Chapter 26 Choosing Health Care (Week 37)
- Chapter 27 Public Health (Week 38)

#### **UNIT 8 Safety and First Aid**

- Chapter 28 Preventing Injuries (Week 39)
- Chapter 29 First Aid (Week 40)

#### **QUIZ & Exams: TBA**

## **F) LESSON PLAN: Reference, Website, Journals, Magazines and Books**

1. Lifetime Health: Life Skills Workbook (Lifetime Health 2009) Paperback by RINEHART AND WINSTON HOLT (Author)
2. Fitness 100 Interactive Activities for Mental Health and Substance Abuse Recovery [Spiral-Bound]
3. Carol A. Butler (Author) and Wellness [Paperback] by Wener W.K. Hoeger and Sharon A. Hoeger (Authors)
4. Wellness: Nursing Diagnosis for Health Promotion [Paperback] by Karen M. Stolte (Author)
5. Prentice Hall Health Skills For Wellness Teacher Edition 1997 Isbn 0134249046 Textbook Binding – January 1, 1997 by Prentice Hall (Author)
6. Walking and Jogging for Health and Wellness (Cengage Learning Activities) [Paperback] by Frank Rosato (Author)
7. Teen Health, Course 2, Student Edition [Hardcover] by McGraw-Hill (Author)
8. Family Guide to Emotional Wellness Paperback by Patrick Fanning (Editor) , Matt McKay (Editor)

### **H) Web Reference:**

<http://www.fitness.gov/>

<http://www.class.co.uk/links/>

[www.http://marshhealthclasswebsite.weebly.com/links.html](http://www.marshhealthclasswebsite.weebly.com/links.html)

[www.lausd.net/Sepulveda\\_MS/ClassLinks/Aguinaga/page7.html](http://www.lausd.net/Sepulveda_MS/ClassLinks/Aguinaga/page7.html)

<http://www.pinellashealth.com/RelatedLinks.asp>

<http://www.nutrition.gov/>

<http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm>

<http://www.healthypeople.gov/2020/default.aspx>

<http://www.doh.state.fl.us/>

<http://www.health.gov/dietaryguidelines/2010.asp>

<http://www.nhlbi.nih.gov/index.htm>

<http://www.healthfinder.gov/>

<http://healthierus.gov/>

<http://www.fruitsandveggiesmorematters.org/>

<http://www.floridacharts.com/charts/default.aspx>

[www.whitehouse.gov/the-press-office/first-lady-launches...](http://www.whitehouse.gov/the-press-office/first-lady-launches...)

[www.presidentschallenge.org](http://www.presidentschallenge.org)

[www.fitness.gov/be-active](http://www.fitness.gov/be-active)

[www.letsmove.gov/blog/2012/09/11/americas-youth-fitness](http://www.letsmove.gov/blog/2012/09/11/americas-youth-fitness)

## **I. Journals:**

Journal in Health

## **J. Magazines:**

Health and Fitness

AHealthyMe

Women Health

Alive

B Positive

Living Nutrition

Men Health

Total Health Magazine

Shape

## **K. Organizations:**

President's Council on Fitness, Sports & Nutrition

Presidential Youth Fitness Program

U.S. Olympics

Health Television Network

## **M. Comprehensive Reading Plan**

Students are required to read at least 1 book or their equivalent during each class as independent reading at-home. Students must also read for 30 minutes at home as part of their daily homework assignment in all subjects. Check your Class Reading Assignment at [www.USICAhs.org/CURRICULUM](http://www.USICAhs.org/CURRICULUM) and check free ebooks at [www.openlibrary.org](http://www.openlibrary.org)

**Text Book Description:**

Publication Date: January 14, 2000 | ISBN-10: 0130521264 | ISBN-13: 978-0130521262 |

Edition: 2001

Health Skills For Wellness contains accessible content and a critical writing style that empowers students to take responsibility for their own wellness.

**BOOK:**

