

Unit 2- Dimensions of Wellness

Content Area: **Unified Arts**
Course(s): **Health 6**
Time Period: **September**
Length: **22 Days**
Status: **Published**

Unit Summary

Dimensions of wellness include topics such as: physical, social, emotional, environment, spiritual, intellectual, and occupational. Dimensions are broken down into examples of each dimension, how does your life relate to each dimension, and how can you improve each dimension. We relate life to a car and it's wheel, if you have an unbalanced wheel/flat tire how does it impact the rest of your life/dimensions.

Standards

HPE.2.1.6.A.1	Explain how health data can be used to assess and improve each dimension of personal wellness.
HPE.2.1.6.A.2	Relate how personal lifestyle habits, environment, and heredity influence growth and development in each life stage.
HPE.2.1.6.A.3	Determine factors that influence the purchase of healthcare products and use of personal hygiene practices.
HPE.2.2.6.B.2	Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others.
HPE.2.2.6.B.3	Determine how conflicting interests may influence one's decisions.
CAEP.9.2.8.B.2	Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
TECH.8.1.8.A.1	Demonstrate knowledge of a real world problem using digital tools.
TECH.8.1.8.A.CS1	Understand and use technology systems.
TECH.8.1.8.A.CS2	Select and use applications effectively and productively.
TECH.8.1.8.D.CS1	Advocate and practice safe, legal, and responsible use of information and technology.
TECH.8.1.8.D.CS2	Demonstrate personal responsibility for lifelong learning.

Student Learning Objectives

- Students will learn that a person's health responsibilities.
- Students will learn to recognize certain priorities to make personal choices.
- Students will learn the seven dimensions of wellness.
- Students will learn that health and wellness is not only about eating healthy and being physically active, but having overall wellness.
- Students will learn ways they can improve each dimension of wellness in their lives.

Essential Questions

- How do the decisions we make affect our wellness?
- How does your personal habit, environment, and heredity influence your personal well being?
- How are the seven dimensions of wellness related?
- Why do we want a balance between each dimension?
- What are the consequences (especially unforeseen) of our choices in terms of wellness?

Enduring Understandings

- Students will understand that having a balanced wheel, dimensions of wellness, is a lifelong process.
- Students will understand that there has to be ongoing evaluation to develop and maintain a balance wheel.
- Students will understand that everyday choices, lifestyle, and behaviors are going to impact your wellness.

Application

- Students will be able to independently use their learning to take responsibility for their own actions and health choices to develop and maintain a healthy lifestyle.

Skills

Students will be skilled at:

- Differentiating between Physical, Emotional, Environmental, Social, Spiritual, Occupational, and Intellectual Wellness.
- Explaining the importance of making healthy decisions.
- Exploring ways to improve each dimension.