

Unit 4 - Personal Wellness

Content Area: **Unified Arts**
Course(s): **Health 7**
Time Period: **April**
Length: **22 days**
Status: **Published**

Unit Summary

Standards

HPE.2.1.8.A.1	Assess and apply Health Data to enhance each dimension of personal wellness.
HPE.2.1.8.A.2	Compare and contrast the impact of genetics, family history, personal health practices, and environment on personal growth and development in each life stage.
HPE.2.1.8.A.3	Relate advances in technology to maintaining and improving personal health.
HPE.2.1.8.D.1	Assess the degree of risk in a variety of situations and identify strategies to reduce intentional and unintentional injuries to self and others.
HPE.2.1.8.E.1	Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.
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 the definition of health.
- Students will learn the definition wellness such as mental, social, occupational, physical, intellectual, and emotional.
- Students will learn three ways to maintain positive wellness in each wellness category.
- Students will learn three ways to improve each wellness category.
- Students will learn S.M.A.R.T. (specific, measurable, attainable, realistic, and timely) goal setting.

Essential Questions

- How can health data be used to assess and improve each dimension of personal wellness?
- How can personal lifestyle habits, environment, and heredity influence growth and development in each life stage?

- How does each area of wellness effect the other?
- How will my personal wellness goals protect me from risky behaviors?
- How can I assess and apply health data to enhance each dimension of personal wellness?
- How can one compare and contrast the impact of genetics, family history, personal health practices, and environment on personal growth and development in each life stage?
- How can one relate advances in technology to maintaining and improving personal health?
- What is the impact of marketing techniques on the use of personal hygiene products, practices, and services?

Enduring Understandings

- Students will understand that wellness is a way of life.
- Students will understand that making good decisions is essential to maintaining overall health and wellness.
- Students will understand that staying healthy is a lifelong process that includes all dimensions of wellness.

Application

- Students will be able to independently use their learning...

Skills

Students will be skilled at:

- Defining health.
- Describing the importance of health education and relate wellness to total health.
- Describing heredity, environment, and culture as influences on health over which they have little or no control.
- Categorizing behaviors, choices, and decisions that affect health.
- Evaluating how accepting responsibility for their own health and the health of others is step toward wellness.
- Discussing how risk factors can be offset by healthful behaviors.