

# Unit 1 - Personal Wellness

Content Area: **Unified Arts**  
Course(s): **Health 8**  
Time Period: **September**  
Length: **10 Days**  
Status: **Published**

## Unit Summary

---

Students will analyze their personal wellness throughout the year.

## 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.A.CS1	Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
HPE.2.1.8.C.2	Analyze local, state, national, and international public health efforts to prevent and control diseases and health conditions.
HPE.2.1.8.C.3	Analyze the impact of mental illness (e.g., depression, impulse disorders such as gambling or shopping, eating disorders, and bipolar disorders) on physical, social, and emotional well-being.
HPE.2.1.8.C.CS1	The prevention and control of diseases and health conditions are affected by many factors.
HPE.2.1.8.E.1	Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.
HPE.2.1.8.E.2	Determine the effectiveness of existing home, school, and community efforts to address social and emotional health and prevent conflict.
HPE.2.1.8.E.3	Explain how culture influences the ways families and groups cope with crisis and change.
HPE.2.1.8.E.4	Compare and contrast stress management strategies that are used to address various types of stress-induced situations.
HPE.2.1.8.E.CS1	Social and emotional development impacts all components of wellness.
HPE.2.1.8.E.CS3	Stress management skills impact an individual's ability to cope with different types of emotional situations.
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.CS2	Demonstrate personal responsibility for lifelong learning.

TECH.8.1.8.F.CS1	Identify and define authentic problems and significant questions for investigation.
TECH.8.1.8.F.CS2	Plan and manage activities to develop a solution or complete a project.
TECH.8.1.8.F.CS3	Collect and analyze data to identify solutions and/or make informed decisions.

## Student Learning Objectives

---

- Students will learn the definition of health.
- Students will learn the importance of health education and relate wellness to total health.
- Students will learn heredity, environment, and culture influences health in a way that they have little or no control over.
- Students will learn behaviors, choices, and decisions that affect health.
- Students will learn how accepting responsibility for their own health and the health of others is step toward wellness.
- Students will learn how abstinence from sexual activity before marriage and how avoiding tobacco, alcohol, and other drugs can contribute to health.
- Students will learn how risk factors can be offset by healthful behaviors.

## 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 can advances in technology to maintain and improve personal health?

## Enduring Understandings

---

- Students will understand that developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
- Students will understand that maintaining personal wellness will prevent one from choosing risky behaviors.

## Application

---

Students will be able to independently use their learning to analyze their own personal wellness by creating a personal wellness quiz that they can take three times a year.

## Skills

---

Students will be skilled at:

-

