

# Unit 1: Health & Wellness

Content Area: **Health**  
Course(s): **Comprehensive Health**  
Time Period: **1 marking period**  
Length: **1.5 Weeks**  
Status: **Published**

## Unit Overview

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The study of wellness allows the student to understand the different types of health and how they relate to total wellness. Without an understanding of wellness, the students will not have the ability to make good choices for a healthy productive life.

## Transfer

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

- make responsible decisions about their mind and bodies to eliminate the chance of health risks in their future.
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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## Understandings

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Students will understand...

- the role lifestyle factors play in maintaining an individual's wellness.
- the importance to balance all three sides of the health triangle to maintain total wellness.

## **Essential Questions**

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Students will keep considering...

- What is physical, social, and mental health?
- What constitutes total wellness?
- How can an individual assess their own wellness needs?
- How do risk factors affect components in health?

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know...

- What is Health and Wellness
- What is the health continuum and its importance to total wellness
- What are lifestyle factors and how they affect one's health
- The three parts of the health triangle and how they are related
- Physical Health- Personal care and healthy behaviors
- Social Health- Skills for healthy relationships, family relationships, peer relationships/ bullying
- Mental Health- personality types, stress, stressors, coping techniques

## **Students will be skilled at...**

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Students will be skilled at...

- understanding the interdependency of the three components of total wellness
- being cognizant of the factors which will influence their health, happiness, and longevity
- defining mental health
- demonstrating their knowledge of stress and the skills that are involved in the process of coping with stress
- identifying and classifying stressors and the necessary coping strategies
- explain the impact of dealing with chronic stress
- recognizing and identifying signs of depression and suicide

## **Academic Vocabulary**

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Health

Wellness

Physical Health

Mental/Emotional Health

Social Health

Health Education

Health Literacy

Prevention

Risk Behaviors

Cumulative Risk

Health Continuum

Lifestyle factors

Chronic Disease

Influences of health

## **Learning Goal 1**

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Become cognizant of the factors which will influence overall health, happiness, and longevity throughout one's lifespan.

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HPE.2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
HPE.2.1.12.A.2	Debate the social and ethical implications of the availability and use of technology and medical advances to support wellness.
HPE.2.1.12.A.CS1	Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
HPE.2.2.12.E.1	Analyze a variety of health products and services based on cost, availability, accessibility, benefits, and accreditation.
HPE.2.2.12.E.2	Determine the effect of accessibility and affordability of healthcare on family, community, and global health.
HPE.2.2.12.E.CS1	Potential solutions to health issues are dependent on health literacy and available resources.

## **Target 1**

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To be able to identify the four dimension of health and explain how each have an impact on one another.

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## **Target 2**

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To be able to differentiate between disease and disorder and evaluate the four main causes of disease and how they impact wellness.

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## **Target 3**

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Explain the importance of being health literate in becoming responsible in promoting one's own lifelong health and wellness.

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#### **Target 4**

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Explain the effects of various behaviors on one's health.

- Explain the effects of various behaviors on one's health.

#### **Target 5**

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Explain how environmental and socioeconomic risk factors affect one's health.

- Explain how environmental and socioeconomic risk factors affect one's health.

#### **Target 6**

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Explain how the U.S. health care system functions, including services, insurance, and the role of the government.

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#### **Summative Assessment**

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- \* Notebooks
- \* Quizzes
- \* Tests
- \* Projects
- \* Benchmark

#### **21st Century Life and Careers**

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|---------------|---|
| CRP.K-12.CRP1 | Act as a responsible and contributing citizen and employee. |
| CRP.K-12.CRP2 | Apply appropriate academic and technical skills.            |
| CRP.K-12.CRP3 | Attend to personal health and financial well-being.         |

CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP7	Employ valid and reliable research strategies.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP11	Use technology to enhance productivity.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.

## **Formative Assessment and Performance Opportunities**

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- \* Teacher observation
- \* Class participation
- \* Discussions
- \* Homework
- \* Notebook

## **Differentiation/Enrichment**

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- \* Modifications as per IEP/ 504 plans
- \* Google classroom resources (powerpoint, guided notes)
- \* Small group activities
- \* Reteaching opportunities in textbook
- \* Directed reading
- \* Inclusion strategies in textbook
- \* Motivating activities in textbook

## **Unit Resources**

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Comprehensive Health, 2nd Edition by Goodheart-Wilcox Publishing

Powerpoints

Topic related videos

Related internet resources

Topic Related Worksheets

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- Powerpoints
- Related internet resources
- Topic related videos
- Topic Related Worksheets