03_Unit 3: Human Sexuality, Puberty, Reproductive Systems, Reproductive Disorders and Self Exams

Content Area: **Physical Education/Health**
Course(s):
Time Period: **Marking Period**
Length: **2 Weeks**
Status: **Published**

General Overview, Course Description or Course Philosophy

This course is designed to assist students in developing the skills necessary to make healthy and responsible decisions and foster an understanding of how those decisions affect their overall health and wellness. Students will also review the changes that occur in the human body during adolescence.

OBJECTIVES, ESSENTIAL QUESTIONS, ENDURING UNDERSTANDINGS

Unit 3 - Human Sexuality, Puberty, Reproductive Systems, Reproductive Disorders and Self Exams - Duration 2 Weeks

Students learn the human reproductive system and its functions. Personal Growth and Development pertains to keeping your body healthy and understanding hormonal changes (all body systems) and their impact on sexuality. It encompasses the human condition: who we are, how we grow or evolve, and how interaction with others affects the process of growth physically, mentally, socially, and emotionally from infancy through advanced age. In this students are provided an overview of the development of the reproductive systems with a focus on sexual differentiation and function, the physiological control of the menstrual cycle, reproductive disorders and how to perform self-examinations. Students will review the stages of puberty through adolescence and gain a deeper understanding of the anatomy and physiology of the systems. The purpose is to define sexuality, and how it affects our behavior. Students will become more comfortable talking/asking questions about their own sexuality and how bodies have changed after puberty. They will discuss relationships/changes during their own sexual development including human reproduction, and the stages of development.

Enduring Understandings:

● Human sexuality is sexual health, reproduction and sexual identity including the concept of being male or female.
● Terminology and diagrams are an important part of the reproductive process.
● There are many minor and severe conditions that can affect the male and female reproductive organs, doing self-exams can help identify many of these prior to seeing a healthcare provider.
● There are numerous health care facilities and health services available to the adolescent population and it is important to be honest with the information you submit to healthcare providers.
● Accessing valid sexual health information, products and services improves one’s ability to make health

enhancing choices and overall quality of life.

● Understand the functions of the endocrine system in relation to human sexuality.
● Understand the role of hormones.
● Identify the differences and compare secondary sex characteristic changes in males and females.
● Comprehend the importance of maintaining good hygiene during puberty.

● Understand the functions and processes of the reproductive systems, organs and hormones.
● Recognize the importance of early detection in the treatment of reproductive conditions/disorders of the reproductive system.
● Affordability and accessibility of health care impacts the prevention, early detection, and treatment of health conditions. (e.g. self-exams)
● Health-enhancing behaviors can contribute to an individual reducing and avoiding health risks.
● Sexuality is an important part of who a person is and who they will become.
● Sexuality includes all the feelings, thoughts, and behaviors and being attracted and being in love, as well as relationships that include sexual intimacy and sexual activity.
● Structures and organs that make up the MRS and FRS (scrotum, testes, seminiferous tubules, epididymis, vas deferens, seminal vesicles, ejaculatory duct, prostate gland, cowper's gland, urethra and penis. Fallopian tubes, ovaries, uterus, cervix, labia's, clitoris, and vagina.
● Reproductive disorders as they relate to the male and female anatomy.

Essential Questions:

● What is human sexuality?
● What makes up the male and female reproductive system anatomy?
● Why is it important to do self-exams?
● What should you know about health care facilities?

● What are the functions of the endocrine system and hormones during puberty?
● What are the secondary sex characteristics during puberty for males and females?
● Why is it important to practice proper hygiene, especially during adolescence?

● What are the functions of the male/female reproductive organs and hormones?
● Why is the accessibility of preventive healthcare important to a healthy lifestyle?
● How does society influence the different ways people express their sexuality?
● How can we promote acceptance and tolerance of all sexual orientations and gender identity?

CONTENT AREA STANDARDS

NJSLS-Comprehensive Health and Physical Education
● 2.3.12.HCDM.1: Develop a health care plan to help prevent and treat diseases and health conditions one may encounter (e.g., breast/testicular exams, Pap smear, regular STIs testing, HPV vaccine).
● 2.1.12.SSH.1: Analyze the influences of peers, family, media, social norms and culture on the expression of gender, sexual orientation, and identity.
● 2.1.12.SSH.2: Advocate for school and community policies and programs that promote dignity and respect

for people of all genders, gender expressions, gender identities, and sexual orientations.
● 2.1.12.SSH.3: Analyze current social issues affecting perceptions of sexuality, culture, ethnicity, disability status and make recommendations to address those issues.

● 2.1.12.SSH.6: Analyze the benefits of abstinence from sexual activity using reliable resources.

● 2.1.12.SSH.7: Analyze factors that influence the choices, and effectiveness of safer sex methods and contraception, including risk-reduction and risk-elimination strategies.

● 2.1.12.SSH.8: Describe the human sexual response cycle, including the role of hormones and pleasure.

● 2.1.12.CHSS.5: Analyze a variety of health products and services based on cost, availability, accessibility, benefits and accreditation in the home, school, and in the community (e.g., breast/testicular self-examination)
● 2.1.12.CHSS.6: Evaluate the validity of health information, resources, services, in school, home and in the community.

N.J.S.A. 18A:35-5.4: Requires instruction on breast self-examination and testicular self-examination.

Words appearing in parentheses may or may not be covered by your teacher based on past practices by the school district and our Health/PE Department. For more information or for an opt out policy please contact school administration.

RELATED STANDARDS (Technology, 21st Century Life & Careers, ELA Companion Standards are Required)

NJSLS - Career Readiness, Life Literacies, and Key Skills
● 9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas.

● 9.4.12.IML.2: Evaluate digital sources for timeliness, accuracy, perspective, credibility of the source, and relevance of information, in media, data, or other resources (e.g., NJSLSA.W8, Social Studies Practice: Gathering and Evaluating Sources.)
● 9.4.12.CT.1: Identify problem-solving strategies used in the development of an innovative product or practice (e.g., 1.1.12acc.C1b, 2.2.12.PF.3).
● 9.4.12.CT.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a).

STUDENT LEARNING TARGETS

- Identify and describe the functions of male and female reproductive organs.
- Explain the importance of self-exams for both males and females.
- Identify common sexual health issues that can occur in males and females.
- Identify ways males and females can keep their reproductive systems healthy.

- Recognize how to access valid health information and why it's important to advocate for your own health and have honest communication with healthcare providers.
- Discuss the importance of human sexuality.
- Discuss the various common sexual health issues males and females may face.
- Understanding where to best obtain valid sexual health information.
- Identify and differentiate the function of the endocrine system and hormones during puberty.
- Research the role of hormones (ie.,estrogen, progesterone, testosterone).
- Compare and contrast the secondary sex characteristics of the male and female.
- Assess the importance of proper hygiene during puberty and be able to apply hygiene practices in their lives.
- Properly identify the organs and functions of the reproductive systems.
- Explain how to properly perform a breast and testicular self-exam.
- Explain the menstrual cycle.
- Explain what a pap test analyzes, and the importance of having a yearly gynecological exam.
- Identify disorders of both reproductive systems.
- Examine various types of cancers affecting both reproductive systems.
- Demonstrate an understanding of the significance of testing, treatments, and long term effects related to reproductive disorders.
- Identify where or how one may obtain preventive care, testing and treatment.

Declarative Knowledge

Students will understand that:

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Procedural Knowledge

Students will be able to:

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EVIDENCE OF LEARNING

Refer to the 'Formative Assessments' and 'Summative Assessments' sections.

Formative Assessments

Teacher Created Worksheets

Observations

Discussions

Lecture

Participation

Analyze student knowledge by using a written pre-test on the reproductive systems.
Reproductive system labeling diagrams.
Trace the path of the sperm/egg through the reproductive systems using visual and textual materials.
Reproductive disorder study guides.

Summative Assessments

Test

Quiz

RESOURCES (Instructional, Supplemental, Intervention Materials)

Glencoe Health Book

SAC Counselor

Teacher Created Notes, Lectures, Powerpoints.

Teacher Approved Internet Sites

Administrative Approved YouTube Videos/NearPods/Other

INTERDISCIPLINARY CONNECTIONS

ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS

See link to Accommodations & Modifications document in course folder.