

03_Mental Health

Content Area: **Science**
Course(s):
Time Period: **Full Year**
Length: **3 weeks**
Status: **Published**

General Overview, Course Description or Course Philosophy

This course is a university level course which tests student's knowledge of the impact of lifestyle on one's overall health and well-being including on their physical, mental, and emotional status. It examines interventions to improve health in the areas of nutrition, physical fitness, stress management, disease prevention, and addiction use disorders . An examination by Rutgers University is required to obtain 3 college credits and an official transcript from the university.

OBJECTIVES, ESSENTIAL QUESTIONS, ENDURING UNDERSTANDINGS

- Develop an understanding of the mind-body connection and its potential impact on health and wellness.
- Explain the dimensions of psychosocial health and their impact on overall health and wellness

CONTENT AREA STANDARDS

VHEL.9-12.9.4.12.H.(1).3	Demonstrate knowledge of facility protocol and regulatory guidelines for collecting patient/client information.
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RELATED STANDARDS (Technology, 21st Century Life & Careers, ELA Companion Standards are Required)

LA.RH.11-12.3	Evaluate various perspectives for actions or events; determine which explanation best accords with textual evidence, acknowledging where the text leaves matters uncertain.
LA.RH.11-12.4	Determine the meaning of words and phrases as they are used in a text, including analyzing how an author uses and refines the meaning of a key term over the course of a text (e.g., how Madison defines faction in Federalist No. 10).
LA.RH.11-12.8	Evaluate an author's claims, reasoning, and evidence by corroborating or challenging them with other sources.
TECH.9.4.12.CI	Creativity and Innovation
TECH.9.4.12.CI.3	Investigate new challenges and opportunities for personal growth, advancement, and

STUDENT LEARNING TARGETS

Declarative Knowledge

Students will know:

- Three components of mental health
- basic human needs and mental health
- strategies for coping with emotional distress
- defense mechanisms
- four common anxiety disorders
- five signs of depression
- importance of sleep for well-being

Procedural Knowledge

Students
will be able to:

- Identify the three components of mental health
- Identify the basic human needs and mental health
- strategies for coping with emotional distress
- Identify the defense mechanisms of coping
- Identify the four common anxiety disorders
- Recognize the five signs of depression

EVIDENCE OF LEARNING

Formative Assessments

- Chapter reviews
- Worksheets
- Projects

Summative Assessments

- Benchmarks – departmental benchmark given at the end of MP1, MP2, or MP3 & MP4 b(Semester Based Course)
- Alternative Assessments
 - Lab inquiries and investigations
 - Lab Practicals
 - Exploratory activities based on phenomenon
 - Gallery walks of student work
 - Creative Extension Projects
 - Build a model of a proposed solution
 - Let students design their own flashcards to test each other
 - Keynote presentations made by students on a topic
 - Portfolio

RESOURCES (Instructional, Supplemental, Intervention Materials)

Health and Wellness, 11th Edition

ISBN-13: 978-1449687106

ISBN-10: 1449687105

- Nearpod

- Edpuzzle

INTERDISCIPLINARY CONNECTIONS

- Informal writing
- Data analysis
- Ethics

ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS

See link to Accommodations & Modifications document in course folder.