

**Union County Educational Services Commission  
High School Course Syllabus**

**Title:** Health/Physical Education I

**Timeline:** Full Year; 5 Credits

**Course Description:**

Throughout Physical Education I, students will be participating in physical activities that help all students develop the knowledge, attitude, emotional skills, behavioral skills, and confidence needed to adopt and maintain physically active lifestyles. Students will participate in units from the following categories, recreational team sports, individual/lifetime activities, leisure activities, team building and cooperative learning activities, competitive team sports, and physical fitness testing.

Health I covers all aspects of human sexuality. Topics covered include structure and function of the female and male reproductive system, pregnancy, fetal development, stages of labor, overview of sexually transmitted infections (STI), HIV/AIDS, behaviors that place individuals at greater risk for contracting an STI and various birth control methods including abstinence. In addition, CPR and First Aid will be introduced per New Jersey Department of Education Statute.

**Scope and Sequence (PE):**

- I. Fitness
- II. Team Sports
- III. Individual Sports
- IV. Cooperative Games

**Scope and Sequence (Health):**

- I. Female Reproductive System
- II. Male Reproductive System
- III. The Beginning of the Life Cycle
- IV. Sexually Transmitted Diseases and Infections
- V. CPR
- VI. First Aid

Refer to the attached curriculum map for a detailed outline of course objectives.

**Curriculum Alignment:**

NJ Student Learning Standards - Comprehensive Health and Physical Education

**Grading Procedures:**

Do Now	10%
Participation	20%
Class Assignments	50%
Assessments	20%

**Adoption Date:**

Union County Educational Services Commission  
Curriculum Mapping Format: Health I

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Length of Unit	6 Weeks	6 Weeks	6 Weeks	6 Weeks	6 Weeks	6 Weeks
Topic	Female Reproductive System	Male Reproductive System	The Beginning of the Life Cycle	Sexually Transmitted Diseases and Infections	CPR	First Aid
Standards	<p><b>2.4.12.B.5</b> - Relate preventative healthcare strategies of male/female reproductive systems to the prevention and treatment of disease (e.g., breast/testicular exams, Pap smear, regular STI testing, and <u>HPV</u> vaccine).</p>	<p><b>2.4.12.B.5</b> - Relate preventative healthcare strategies of male/female reproductive systems to the prevention and treatment of disease (e.g., breast/testicular exams, Pap smear, regular STI testing, and <u>HPV</u> vaccine).</p>	<p><b>2.1.12.A.1</b> - Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.</p> <p><b>2.4.12.C.1</b> - Compare embryonic growth and fetal development in single and multiple pregnancies, including the incidence of complications and infant mortality.</p> <p><b>2.4.12.C.5</b> - Evaluate parenting strategies used at various stages of child development based on valid sources of information.</p>	<p><b>2.4.12.B.1</b> - Predict the possible long-term effects of adolescent sex on future education, on career plans, and on the various dimensions of wellness.</p> <p><b>2.4.12.B.2</b> - Evaluate information that supports abstinence from sexual activity using reliable research data.</p> <p><b>2.4.12.B.3</b> - Analyze factors that influence the choice, use, and effectiveness of safer sex methods and contraception, including risk-reduction and risk-elimination strategies.</p> <p><b>2.4.12.B.5</b> - Relate preventative healthcare strategies of male/female reproductive systems to the prevention and treatment of disease</p>	<p><b>2.1.12.D.6</b> - Demonstrate first-aid procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies.</p>	<p><b>2.1.12.D.6</b> - Demonstrate first-aid procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies.</p>

				(e.g., breast/testicular exams, Pap smear, regular STI testing, and HPV vaccine).		
Content	Organs of female reproductive system enable pregnancy to occur Menstruation - shedding of endometrium Maintaining reproductive health Breast Self-Exams	Functions - produce and store sperm and reproduction Maintaining reproductive health Potential Problems (hernia, sterility, testicular cancer, prostate problems and prostate cancer) Self exams	Prenatal Development Heredity Birth and Childhood	What are STD's? Common STD's (Genital HPV Infections, Chlamydia, Genital Herpes, Gonorrhea, Trichomoniasis, Syphilis) Prevention and Treatment of STD's HPV Vaccine HIV/AIDS	In a medical emergency, a victim's life depends on a specific series of actions called the chain of survival The 4 main links include, a call to emergency services, CPR, defibrillation and advanced care "Hands Only" CPR	The first steps in an emergency are to check, call, and care (3 C's) Universal precautions are taken to prevent the spread of disease through blood or other body fluids (Ex: wearing gloves and washing hands immediately after providing first aid) Different types of wounds including: abrasions, lacerations, punctures and avulsions
Skills	Students will be able to identify anatomical landmarks on a diagram and explain the function of each Identify ways to maintain health Properly perform a self-exam	Students will be able to identify anatomical landmarks on a diagram and explain the function of each Identify ways to maintain health (bathing regularly, protective equipment, abstinence, self exams, annual check ups/physicals) Properly perform a self-exam.	Students will be able to compare embryonic growth and fetal development in single and multiple pregnancies, including the incidence of complications and infant mortality Analyze the relationship of an individual's lifestyle choices during	Students will be able to relate certain behaviors to an increased risk of diseases such as HIV and STI's Analyze factors that influence the choice, use, and effectiveness of safer sex methods and contraception, including risk-reduction and risk-elimination strategies	Students will be able to identify an unconscious person and be able to properly perform Hands Only CPR until a professional arrives (Push hard and fast in the center of the chest at a pace of 100 beats per minute) Successfully demonstrated by each student.	Students will be able to demonstrate first-aid procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies

			pregnancy and the incidence of fetal alcohol syndrome, sudden infant death syndrome, low birth weight, premature birth, and other disabilities			
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