



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE

Semester 1 '11 – '12      Department: Health      Course: AC      Instructor(s): S. Szymkowiak  
 This course is aligned to:      **College Readiness Standards and/or College Board Standards**

*The Homewood-Flossmoor High School Course Scope & Sequence provides parents and students with a semester-long overview of each class that we offer. **An instructor may alter a course's scope & sequence as needed.** Students are responsible for keeping track of due dates and other pertinent course information in their H-F Student Planners. Parents, please contact your child's teacher by telephone or e-mail to clarify any questions you may have about the scope & sequence of a particular course.*

WEEK	COLLEGE READINESS AND/OR COLLEGE BOARD CONTENT STANDARDS	INSTRUCTIONAL CONTENT	ACTIVITIES, READINGS, LABS, AND/OR ASSIGNMENTS	MAJOR ASSESSMENTS	OTHER
WEEK #1 8/15 – 8/19 First day for students: 8/17	R.III.c.3. W.IV.d.3. W.V.d.1. M.II.e.2.	Class expectations Materials needed  Understanding Health and Wellness	Introductions Personal Questionnaire Syllabus Reading literacy		
WEEK #2 8/22 – 8/26	W.II.d.2. W.II.e.1. W.III.d.1. W.IV.d.3. W.V.d.1.	Understanding Health and Wellness  Lifestyle Factors	Textbook Overview Read Ch. 1 tech lab work, (ch 1) wellness intro ppt notes	Health Self-Assessment Paper	
WEEK #3 8/29 – 9/2 PLC day: 9/2	R.I.d.1. R.II.c.1.	Taking Charge of Your Health Effective communication, self assessment of life style factors, cooperative activity Evaluating Sources	Read Ch. 2 Communication Activity Health Resources Article Goal Setting Consumer Activity Reading literacy	Test – General Health and Wellness Unit 1 Test covering wellness/decision making	



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WEEK #4 9/5 – 9/9 No school: 9/5	R.II.a.1.	Achieving Mental & Emotional Health  MH article, common MH disorders, happiness video, test review, ppt notes, Maslow	MH tech research, Happiness video w/sheet Asgnt 6-7, (ch 3) st. guide w/sheet  Reading literacy		Introduce Service Learning Project
WEEK #5 9/12 – 9/16 Pep Assembly: 9/16	R.III.c.3.	Managing Stress and Coping with Loss  Maslow Hierarchy, view Cast Away video, personality development/shapin	Read Ch. 4  Text Anxiety Article  Maslow w/sheet, tech essay on Personality assessment	Unit 2: MHealth (Ch 3) Test	
WEEK #6 9/19 – 9/23 PLC day: 9/23		Mental and Emotional Problems-Suicide Issues  Stress ppt with stages/disorders, A/B personality, def mechs characteristics/diseases,	Read Ch. 5  Jeopardy Review Asgnt 8-vocab Asgnt 9-stress reducers chart, (ch 4) w/sheet Reading Literacy	Test – Unit test on Stress and Personality/time management	
WEEK #7 9/26 – 9/30	M.I.a.1. R.II.a.1. M.I.b.1. M.II.a.2. M.II.b.3. M.II.e.2.	Nutrition Unit (ch 10)- nutrients, food labels, diet evaluation, supplements, distribute research articles	Read Ch. 10 Food Journal Internet Assignment Video: Diet Wars w/tech lab research asgnt, Asgnts 11-vocab, Asgnts 12-eval	Supplement article quiz, Nutrient article quiz	
WEEK #8 10/3 – 10/7	M.II.f.2.	Nutrition for Health	Read Ch. 11 Calculating BMI	Nutrition Self-	



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PLC day: 10/7		Managing Weight and Eating Behaviors	View video Supersize Me w/ w/sheet, packet completion as review for test	Assessment Test – Nutrition Unit	
WEEK #9 10/10–10/14 No school: 10/10 All School Testing: 10/12	R.II.a.1.	Medicines & Drugs	Read Ch. 19  Reading labels Reading Literacy	Unit 4: Non-Com Disease quiz *** last week to turn in extra credit	
WEEK #10 10/17 –10/21 End of 1 <sup>st</sup> Quarter: 10/21		Tobacco Unit-diseases of the heart and lungs Respiratory/Circulatory systems, statistics, survey	Read Ch. 20 Cost Analysis  Midterm Review	Test – Medicines, Drugs, & Tobacco  Midterm Exam	



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WEEK #11 10/24–10/28 PLC day: 10/28	M.II.b.3. M.III.b.2.	Alcohol- Continued Unit on Chemical Dependency with Addiction emphasis and Alcohol Facts-systems, legal, Definition of drinks, ppt notes	Read Ch. 21 Large Group Discussion View Videos on addiction Moyer Tech research notes on BAC, Alcoholism, S & L effects, support groups, Asgnt 14 inventory Asgnt 15-vocab, view videos Teen File Alcohol, Binge	Ch 21 w/sheet, Alcohol Unit Test	
WEEK #12 10/31 – 11/4 Soph. Plan Test; Parent/ teacher conferences: 11/3 No school: 11/4	R.III.c.3.	Begin Drug Education portion of Chemical Dependency unit, types of drugs/categories, law, system damage	Tech research ppt development, view videos on heroin, steroids, marijuana, ecstasy, meth Reading Literacy	Drug category quiz following ppt notes-	
WEEK #13 11/7 –11/11 No school: 11/11	R.III.c.3.	Illegal Drugs continued Chemical Dependency unit, types of drugs/categories, law, system damage	Read Chs. 22-23  Reading Literacy	Drug/Addiction Unit Test	
WEEK #14 11/14 –11/18 PLC day: 11/18		Communicable Disease unit focusing on pathogen basics, STDs, HIV/AIDS-systems,	Create Hwk notes p638-644, Asgnts 18 inventory, Asgnt 19 vocab, (ch 23) w/sheet grade, Pass/Impact guest	Ch 24 Disease Basics quiz coming next week (follows 2 day guest speaker	



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		statistics, preventative techniques, ppt notes on lines of defense, virus, bacteria, fungi,	speaker	on STDs/Sex Consequences)	
				Test – Illegal Drugs	
WEEK #15 11/21 – 11/25 No school: 11/24 & 11/25	R.II.a.1. R.II.b.1.	STDs prevention, transmission-blood borne pathogens, and differential diseases, intro HIV	Read Ch. 24  STD (ch 24) study guide w/sheet, Asgnt 20-inventory, Asgnt 21-vocab, CDC tech research notes Hwk grade	Communicable Disease Unit Test covering Ch 23-24	
WEEK #16 11/29 – 12/2		Reproductive Systems  Prenatal Care & Development	Read Ch. 16 (Sec. 2 & 3) Read Ch. 17 (Sec. 1) Reading Literacy		
WEEK #17 12/5 – 12/9 PLC day: 12/9		Abstinence  STDs and HIV/AIDS	Read Ch. 8 (Sec. 3)  Read Ch. 24	Test – Sexuality Unit	
WEEK #18 12/12 – 12/16	M.II.f.2. R.II.a.1.	Conclude infectious diseases with HIV discussion and research focusing on prevention, meds, and societal/global impact this disease has	Create notes from text p669-678, view VH1 AIDS Video, view landmark dvd-Philadelphia	HIV Quiz, graded w/sheet on Philadelphia	
WEEK #19 12/19 – 12/23 Winter Break Begins 12/21	W.II.d.1. W.IV.d.3. W.V.d.1. R.II.b.1.	Intro to Reproduction System focus on male and female anatomy, fertilization, function	View dvd: Miracle of Life, w/sheet grade over anatomy  Reading Literacy	Group Presentations  Extra Credit Due	Service Learning Project Due Honors only



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Week #20 1/2– 1/6 Classes Resume 1/4					
WEEK #21 1/9 – 1/13 Finals: 1/9 – 1/11 Marking Day: 1/12 Institute Day: 1/13		Semester Review-Finals Prep	Review Activities	Final Exam	



## HOMEWOOD-FLOSSMOOR HIGH SCHOOL COURSE SCOPE & SEQUENCE



Semester 2 '11 – '12

Department: Health

Course: AC 6307

Instructor(s): S. Szymkowiak

This course is aligned to:

**College Readiness Standards and/or College Board Standards**

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WEEK #1 1/16 – 1/20 No school: 1/16	R.I.d.1. R.II.c.1. W.II.d.2. W.II.e.1 M.II.e.2.	Class expectations Materials needed  Understanding Health and Wellness	Introductions Personal Questionnaire Syllabus		
WEEK #2 1/23 – 1/27 PLC day: 1/27	W.II.d.2. W.II.e.1. W.III.d.1. W.IV.d.3. W.V.d.1.	Understanding Health and Wellness  Lifestyle Factors	Textbook Overview Read Ch. 1  Sleep Article	Health Self-Assessment Paper	
WEEK #3	R.I.d.1.	Taking Charge of Your	Read Ch. 2		



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1/30 – 2/3	R.II.c.1.	Health  Evaluating Sources of Health Info.	Communication Activity Health Resources Article Goal Setting Consumer Activity	Test – General Health and Wellness	
WEEK #4 2/6 – 2/10 PLC day: 2/10	R.II.a.1.	Achieving Mental & Emotional Health	Read Ch. 3 Happiness Article		Introduce Service Learning Project
WEEK #5 2/13 – 2/17	R.III.c.3.	Managing Stress and Coping with Loss	Read Ch. 4  Text Anxiety Article Relaxation Techniques		
WEEK #6 2/20 – 2/24 No school: 2/20 PLC day: 2/24		Mental and Emotional Problems	Read Ch. 5  Jeopardy Review	Test – Mental Health Unit	
WEEK #7 2/27 – 3/2	M.I.a.1. R.II.a.1. M.I.b.1. M.II.a.2. M.II.b.3. M.II.e.2.	Nutrition for Health  MyPyramid.gov	Read Ch. 10 Food Journal Internet Assignment		
WEEK #8 3/5 – 3/9 No School: 3/5 Institute Day 3/6	M.II.f.2.	Nutrition for Health  Managing Weight and Eating Behaviors	Read Ch. 11 Calculating BMI	Nutrition Self-Assessment  Test – Nutrition Unit	
WEEK #9	R.II.a.1.	Medicines & Drugs	Read Ch. 19		



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3/12 – 3/16 PLC day: 3/16			Reading labels		
WEEK #10 3/19 – 3/23 End of 3 <sup>rd</sup> Quarter: 3/23		Tobacco	Read Ch. 20 Cost Analysis  Midterm Review	Test – Medicines, Drugs, & Tobacco Midterm Exam	

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WEEK #11 4/2 – 4/6 No School: 4/6	M.II.b.3. M.III.b.2.	Alcohol	Read Ch. 21 Large Group Discussion		
WEEK #12 4/9 – 4/13 PLC day: 4/13	R.II.d.2 M.II.e.2 R.II.a.1.	Alcohol	Small Group Discussion	Test – Alcohol	
WEEK #13 4/16- 4/20	R.III.c.3.	Illegal Drugs	Read Ch. 22		



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WEEK #14 4/23 – 4/27 PSAE: 4/24 & 4/25	R.III.c.3.	Illegal Drugs	Drug Chart	Test – Illegal Drugs	
WEEK #15 4/30 – 5/4 PLC day: 5/4	R.II.a.1. R.II.b.1.	Communicable Diseases	Read Ch. 23  Germ Article		
WEEK #16 5/7 – 5/11	M.II.e.2	Reproductive Systems  Prenatal Care & Development	Read Ch. 16 (Sec. 2 & 3) Read Ch. 17 (Sec. 1)		
WEEK #17 5/14 – 5/18 PLC day: 5/18	R.II.d.2 M.II.e.2	Abstinence  STDs and HIV/AIDS	Read Ch. 8 (Sec. 3)  Read Ch. 24	Test – Sexuality Unit	Service Learning Project Due
WEEK #18 5/21 – 5/25 Seniors' last day:	M.II.f.2.    R.II.a.1.  W.II.d.1. W.IV.d.3.    R.II.b.1. W.V.d.1.	Noncommunicable Diseases	Read Ch. 25	Group Presentations	



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5/24					
WEEK #19 5/28 – 6/1 No school: 5/28 Final Exams: 5/29 – 5/31 Marking Day: 6/1	R.II.d.2 M.II.e.2	Semester Review	Review Activities	Final Exam	