Health III

Grade 11

Prerequisite: None

Credit Value: 1.25

ABSTRACT

Students in Health III continue to develop their knowledge and awareness of best practices to maintain lifelong health, including an examination of the ill effects of drugs, alcohol, and tobacco. Through investigation, practice of discrete skills, and performance, students develop the requisite skills enabling them to administer Adult and Pediatric First Aid/CPR/AED. Realistic mannequins are used to teach techniques that include opening the airway, performing rescue breathing, and the application of CPR for infants, children, and adults. Upon successful completion of a written examination and practical demonstration, students may be certified through the American Red Cross in First Aid, CPR, and AED. Benchmark assessments are employed to track individual student progress.

Adopted by the Somerville Board of Education on July 25, 2017
## Health III – Grade 11

<table>
<thead>
<tr>
<th>Month/Marking Period</th>
<th>Weeks 1-5</th>
<th>Weeks 6-8</th>
<th>Week 9</th>
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### Essential Question:
- What skills contribute to certification in First Aid, CPR, and AED?
- What measures can be taken in emergent health situations?
- How can an individual avoid ill health issues?

### Content:
- CPR and AED Certification
- First Aid
- Nutrition/Drugs/Alcohol

### Skills and Topics:
- Discuss the importance and responsibilities of first responders
- Recall opportunities for organ and tissue donation
- Identify ways in which a conscious or unconscious person might be treated in an emergency breathing situation
- Differentiate among methods for treating infants, children, and adults
- Practice and perform rescue breathing techniques appropriate for infants, children, and adults
- Compare and contrast CPR and AED techniques
- Research legislation regarding the use of AEDs in public places
- Perform rescue breathing techniques in simulated emergency situations
- Perform manual CPR in simulated emergency situations
- Demonstrate techniques mandated by the Red Cross
- Assimilate life saving techniques in the performance of Red Cross assessments for certification
- Present careers in a health industry project using technology
- Identify the basic components of an emergency situation (e.g., bleeding, burns, choking, possible poisoning)
- Compare and contrast emergency situations to non-life-threatening situations
- Illustrate the basic First Aid and care involved in an emergency situation, including basic life support
- Define the 3 Cs (check, call, care) in the emergency steps sequence
- Demonstrate methods for bleeding control
- Dramatize care for emergency situations (e.g., bites, broken bone or joint injury, burns, poisoning, stings)
- Assess the importance of the use of protective barriers in treatment of victims
- Utilize technology to research legislation regarding public safety and responder liability (e.g., The Good Samaritan Law)
- Compile research for careers in a health industry project
- Collaborate with peers to gather information regarding global career opportunities in the health industry in online communities
- Research nutrition habits that support long-term health and disease prevention (e.g., low fat diet, Mediterranean diet)
- Interpret health related information regarding a variety of substances that impact health (e.g., alcohol, tobacco, illegal, prescription, and over-the-counter drugs)
- Relate abuse of prescription and over-the-counter drugs to wellness
- Investigate the positive and potentially harmful effects of dietary supplements and herbal remedies
- Initiate digital research regarding possible careers in the health industry from a multicultural and global perspective
- Collaborate with peers to gather information regarding global career opportunities in the health industry in online communities
- Research the impact alcohol and/or drugs have on sexting/texting.
- How do illegal substances increase the likelihood sexting?

### Integration of Technology:
- [www.redcross.org](http://www.redcross.org), Internet, Web Quests, wireless laptop computers, SMART Boards, electronic journal entries, YouTube, prezis, VoiceThread, video streaming, podcasting
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<tbody>
<tr>
<td><strong>Writing:</strong></td>
<td>Open-ended responses, conclusions and analysis of exploratory activities, journal entries</td>
<td>Projects, written and oral responses, teacher assessments, self-assessments, benchmark assessments</td>
<td>Quizzes, tests, culminating project(s), benchmark assessments</td>
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<tr>
<td><strong>Formative Assessments:</strong></td>
<td></td>
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<td>Oral presentations, projects, multimedia presentations</td>
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<td><strong>Summative Assessments:</strong></td>
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<td><strong>Performance Assessments:</strong></td>
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### 21st Century Themes:
- Global Awareness
- Civic Literacy
- Financial, Economic, Business, and Entrepreneurial Literacy
- Health Literacy

### 21st Century Skills:
- Creativity and Innovation
- Media Literacy
- Critical Thinking and Problem Solving
- Life and Career Skills
- Information and Communication Technologies Literacy
- Communication and Collaboration
- Information Literacy

### Resources:
*First Aid/CPR/AED for Schools and the Community.* American Red Cross, articles, professional journals, guest speakers, YouTube, skill activities, multimedia presentations

### Careers:
Applicable career options are discussed as they arise throughout the health program. Career options include, but are not limited to, the following career clusters: Agriculture, Food, and Natural Resources Career Cluster; Architecture and Construction Career Cluster; Arts, A/V Technology, and Communications Career Cluster; Business, Management, and Administration Career Cluster; Education and Training Career Cluster; Finance Career Cluster; Government and Public Administration Career Cluster; Health Science Career Cluster; Hospitality and Tourism Career Cluster; Human Services Career Cluster; Information Technology Career Cluster; Law, Public Safety, Correction, and Security Career Cluster; Manufacturing Career Cluster; Marketing Career Cluster; Science, Technology, Engineering and Mathematics Career Cluster; Transportation, Distribution, and Logistics Career Cluster.

*2016 NJSLS:
- RL: Reading Literature
- L: Language
- N: Real Number System
- S: Statistics and Probability
- RI: Reading Informational Text
- SL: Speaking & Listening
- A: Algebra
- MD: Measurement and Data
- W: Writing
- F: Functions
- G: Geometry
Health III
Course Requirements

Grade: 11  
Prerequisite: None  
Credit Value: 1.5  
Length of Course: Marking Period

Course Description

Students in Health III continue to develop their knowledge and awareness of best practices to maintain lifelong health, including an examination of the ill effects of drugs, alcohol, and tobacco. Through investigation, practice of discrete skills, and performance, students develop the requisite skills enabling them to administer Adult and Pediatric First Aid/CPR/AED. Realistic mannequins are used to teach techniques that include opening the airway, performing rescue breathing, and the application of CPR for infants, children, and adults. Upon successful completion of a written examination and practical demonstration, students may be certified through the American Red Cross in First Aid, CPR, and AED. Benchmark assessments are employed to track individual student progress.

Course Content

This course will consist of the following units of study:

• CPR and AED Certification
• First Aid
• Nutrition/Drugs/Alcohol

Course Objectives

The student will demonstrate the ability to answer in detail the following essential questions:

• What skills contribute to certification in First Aid, CPR, and AED?
• What measures can be taken in emergent health situations?
• How can an individual avoid ill health issues?
• What are the post-graduation and/or career options that apply to the course content?
Evaluation Process

A final average of 65% or better is required to be awarded course credit. Throughout the length of this course, students may be evaluated on the basis of, but not limited to:

- Formative Assessments, such as writing prompts, journals, and portfolios
- Summative Assessments, such as quizzes, tests, and midterm and final examinations
- Performance Assessments, such as projects and presentations
- Technology-based Applications, such as electronic portfolios, Web Quests, ThinkQuest, and podcasting
- Class Participation
- Homework

Specific weights will be determined by course and level.
Health III
Student Agreement

STUDENT NAME: ________________________________

Last Name                                      First Name

GRADE: ________________

My signature below indicates that I have received a copy of the Somerville Public Schools Course Requirements for Health III.

I acknowledge my responsibility to read and understand all of the information contained in the Health III Course Requirements information and syllabus packet.

__________________________________________   ________________
Student Signature                           Date

Note: Please share the course requirements for Health III with your parents.