

Course Name: Health III - CPR, AED, First Aid & Mental Health Education (H8342)

Course Description:

The Grade 11 Health Education course is designed to provide students with a greater knowledge of the cardiopulmonary system and techniques used to artificially support respiration and circulation. A major emphasis will be placed on a healthy lifestyle and prevention of life-threatening situations. Students will also gain understanding of various mental health conditions, including their social and emotional impact, and analyze how to assist and help individuals dealing with these conditions find appropriate resources. The students will gain an understanding for the affordability and accessibility of healthcare. The curriculum is designed to help guide students to understand that taking part in certain behaviors, such as using and abusing drugs, can have consequences that could affect long-term goals. In order to achieve these goals, the course will be guided by both the New Jersey Student Learning Standards and the National Standards for Health Education.

Course Proficiencies:

The following list of proficiencies describes what students are expected to know and be able to do as a result of successfully completing this course. The proficiencies are the basis for assessment of student achievement. The learner will demonstrate the ability to:

Alcohol, Tobacco, and Other Drugs

- A. Provide examples of how drugs and medication mimic or block the action of certain cells in the body, and how abusing drugs can affect the human body. 2.3.12.HCDM.2

Emotional Health

- A. Analyze and discuss the evidence of the emotional and social impact of mental health illness on families, communities, and states. 2.3.12.HCDM.6
- B. Analyze factors that influence the emotional and social impact of mental health illness on the family. 2.1.12.EH.2
- C. Describe strategies to appropriately respond to stressors in a variety of situations. 2.1.12.EH.3
- D. Develop an action plan to assist individuals who have feelings of sadness, anxiety, stress, trauma, or depression, and share this information with individuals who will benefit. 2.1.12.CHSS.9

Health Conditions, Diseases and Medicine

- A. Develop a health care plan to help prevent and treat diseases and health conditions one may encounter. 2.3.12.HCDM.1
- B. Evaluate the benefits of biomedical approaches to prevent STIs and HIV. 2.3.12.HCDM.3

- C. Evaluate emerging methods to diagnose and treat diseases and health conditions that are common in young adults in the United States and other countries. 2.3.12.HCDM.4

Personal Safety

- A. Identify the pattern of abusive dating relationships as well as obstacles that make it difficult for someone who is targeted by dating violence to seek help. 2.3.12.PS.6
- B. Create a working understanding of and the definition for the term domestic violence. 2.3.12.PS.5

Community Health Services and Support

- A. Analyze local, state, and international public health efforts to prevent and control diseases and health conditions. 2.3.12.HCDM.5

Assessments:

The evaluation of student achievement in this class is based on the following:

- Tests/quizzes
- Open-ended responses and essays
- Individual and group projects
- Multimedia presentations
- Classroom discussions

Board Adopted Materials:

Teaching Resources and Related Student Materials:

- [American Red Cross](#)
- [Mental Health First Aid](#)