

Helena High Health Content and Instruction Plan
2011-2012
Mr. Carl Straub

Welcome to Health! I hope to work with you and your students to enhance your knowledge of current health issues and topics. I have divided up the content into four general areas and have listed the districts benchmarks and content areas I will be teaching. Please feel free to call or e-mail me anytime. My contact information is listed below. Thanks I look forward to teaching this year!

Academic Health

We will study and learn different aspects of being healthy academically at Helena High School.

We will evaluate our learning styles, multiple intelligences, and current credit status, create a plan for learning and other activities to help us learn better and feel successful academically.

Standard #1: Basic Knowledge and understanding of concepts that promote comprehensive health.

Standard #5: Demonstrate and use critical thinking and decision making to enhance health.

Standard #7: Demonstrate health-enhancing behaviors

Standard #9: Demonstrate understanding and respect for differences among people in all settings.

Emotional Health

We will study and learn about aspects which help us to build our individual emotional health.

We will study mental and emotional health, personal and family health, community health and environmental health. We will look at consumer issues and how they affect our health and how diversity affects our world.

Standard #1: Basic Knowledge and understanding of concepts that promote comprehensive health.

Standard #5: Demonstrate and use critical thinking and decision making to enhance health.

Standard #6: Demonstrate interpersonal communication skills to enhance health.

Standard #7: Demonstrate health-enhancing behaviors

Standard #9: Demonstrate understanding and respect for differences among people in all settings.

Physical Health

In this section will address topics which can affect us physically as well as emotionally. We will learn the body systems and how they make our bodies work. We will examine nutrition, alcohol, tobacco drugs and how they affect our lives. We will look at personal health issues such as human development, pregnancy and childbirth. We will study diseases and disorders including sexually transmitted diseases.

Standard #1: Basic Knowledge and understanding of concepts that promote comprehensive health.

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Standard #6: Demonstrate interpersonal communication skills to enhance health.

Standard #7: Demonstrate health-enhancing behaviors

Standard #9: Demonstrate understanding and respect for differences among people in all settings.

Financial Health

During this portion of the class we will learn about staying fit financially. We will learn about basic financial health and how to manage money effectively and appropriately. We will look at how current issues effecting personal and family health are related to finances and costs of healthy or unhealthy behaviors and their consequences.

Standard #1: Basic Knowledge and understanding of concepts that promote comprehensive health.

Standard #5: Demonstrate and use critical thinking and decision making to enhance health.

Standard #6: Demonstrate interpersonal communication skills to enhance health.

Standard #7: Demonstrate health-enhancing behaviors

Content Instruction Timeline

Fall Semester August 31, 2010 – Jan. 19, 2011

Spring Semester Jan. 23, 2011 – Jun. 6, 2011

Week 1	Who am I?
Week 2	Personal and Family Health week #1
Week 3	Mental and Emotional Health week #1
Week 4	Alcohol, Tobacco and Drugs
Week 5	Alcohol, Tobacco and Drugs
Week 6	Human Body Systems (Human Sexuality)
Week 7	Human Body Systems
Week 8	Diseases and Disorders
Week 9	Safe Schools Healthy Student Prevention Education Series
Week 10	Safe Schools Healthy Student Prevention Education Series
Week 11	Nutrition
Week 12	Consumer Health
Week 13	Accident Prevention and Safety

Week 14 Financial Health Issues
Week 15 Environmental Health
Week 16 Mental and Emotional Health week #2
Week 17 Personal and Family Health week #3
Week 18 Review week #1
Week 19 Review week #2

Thanks again and I look forward to teaching this year. If you have any questions please contact me at 324-2313 or e-mail me at cstraub@helena.k12.mt.us

Thanks and have a great year!

Mr. Carl Straub
Ms. Wendy Biegler