



# Hernandez Middle School

## *Health Education*

**Coach Karen Huffman**

University of Arkansas at Little Rock, *Masters Degree in Secondary School Administration*

University of Central Arkansas, *Bachelors of Science Degree in Education & Kinesiology*

(Minors: Health Education & Sociology)

**Tutorials:** By Appointment

**Classroom Location:** 606

**Contact Information:** 424-8848 or Karen\_Huffman@roundrockisd.org

**Office Location:** G511

**Teacher Webpage:** <http://ladybulldogathletics.weebly.com/physical-edu.html>

### **1<sup>st</sup>/4<sup>th</sup> Six Weeks:**

#### **Unit 1- Health Skills**

- A. Taking Responsibility for Health
- B. Health Resources: Information, Products, and Services
- C. Practicing Healthful Behaviors
- D. Analyzing Influences on Health
- E. Setting Goals and Decision Making Skills
- F. Health Advocate

#### **Unit 2-Mental & Emotional Health**

- A. Developing Good Character
- B. Developing a Healthy Mind
- C. Expressing Emotions and Stress
- D. Dealing with Depression
- E. Dealing with Loss and Grief

#### **Unit 3-Family and Social Health**

- A. Developing Healthful Family Relationships
- B. Adjusting to Family Changes
- C. Examining Dating and Friendships
- D. Abstinence (Scott & White)
- E. Recognizing Harmful Relationships (Love is Not Abuse Dating Violence)
- F. Preparing for Marriage and Parenthood

## **Unit 9-Consumer and Community Health**

- A. Health Laws
- B. Managing Time and Money
- C. Analyzing Media Messages
- D. Accessing Reliable Health Care
- E. Investigating Health Careers
- F. Learning About Public Health

## **2<sup>nd</sup>/5<sup>th</sup> Six Weeks:**

### **Unit 5-Nutrition**

- A. Choosing Healthful Foods
- B. Following Dietary Guidelines
- C. Using Diet to Guard Against Disease

### **Unit 4-Growth and Development**

- A. Keeping Your Body Systems Healthy
- B. Reproductive Systems
- C. Pregnancy and Childbirth (Parenting and Paternity Awareness Program)
- D. Developing Learning and Planning Styles
- E. Aging Healthfully

### **Unit 6-Personal Health and Physical Activity**

- A. Physical Exams
- B. Being Well-Groomed
- C. Rest and Sleep
- D. Physical Fitness: Participation, Practicing, Safety

### **Unit 8-Communicable and Chronic Diseases**

- A. Avoiding Communicable Diseases
- B. Dealing with Respiratory Diseases, Asthma, and Allergies
- C. Risks of STD's and HIV (Austin Lifeguard, [www.austinflifeguard.com](http://www.austinflifeguard.com))
- D. Reducing the Risk of Cardiovascular Diseases
- E. Managing Chronic Health Conditions
- F. Reducing the Risk of Cancer

## **3<sup>rd</sup>/6<sup>th</sup> Six Weeks:**

### **Unit 10-Environmental Health**

- A. Environmental Issues
- B. Preventing Pollution: Air, Water, Noise, Visual
- C. Recycling and Conservation
- D. Protecting the Environment

### **Unit 11-Injury Prevention and Personal Safety**

- A. Unintentional Injuries
- B. Safety During Severe Weather and Natural Disasters
- C. Reducing the Risk of Violence
- D. Respecting Authority and Obeying Laws
- E. Protection From Physical Violence
- F. Protection From Sexual Violence
- G. Staying Away From Gangs
- H. Reducing Weapon Injuries
- I. First Aid Procedures: Common and Emergency

## **Unit 7-Drugs**

- A. Using Prescription and OTC Drugs Safely
- B. Alcohol-Free Lifestyle
- C. Tobacco-Free Lifestyle
- D. Avoiding Illegal Drug Use

**Class Expectations:** Show respect always, be on time, be prepared for class and adhere to the “Do Right” rule...

### **How Grades are Earned:**

Daily Work & Quizzes 40% Ex. Assignments, Class Participation

Tests / Projects 60% Ex. Tests, Projects

Mid-Term Exam 10%

**Daily Work** — Work in class, homework assignments, and class participation are counted as daily work assignments. Any assignment not completed in class needs to be completed at home and turned in at the beginning of the next class period.

**Quizzes** — Most quizzes given are open notes. This is an opportunity to reward students who are bringing their materials to class. I will have binder checks periodically throughout the six weeks to make sure students are keeping up with their grades, notes, and assignments.

**Tests** — Students will take written tests throughout the semester. Students are also given at least one project a six weeks. I will provide time in class for students to work on projects. Any unfinished project will need to be done on student’s time outside of class.

### **Cell Phones, Music Devices, Video Players & Gaming Devices**

Students may utilize mobile devices in class at appropriate times dictated by the teacher. Students are expected to use phones in offices or in classrooms with teacher or administration permission only. If the device is used improperly or disrespectfully, it will be picked up by staff and turned into the AP office.

### **Materials**

Each student is expected to bring the following materials to class everyday: valid student I.D. card, pen or pencil, and notebook paper. Materials not brought to class daily will result in a lower daily grade.

### **Absences**

If the student knows ahead of time that he/she will be absent, he/she should take the initiative to get the work early. When circumstances do not allow student to get the work early, he/she is expected to get the assignments missed the first day back. It will be considered LATE if work is not made up by the school’s policy. The student needs to follow these steps in getting the make-up work:

1. It is the student’s responsibility to ask me for missing work before class starts or at the end of class. All missed assignments should be made up by the same amount of days the student missed my class.

### **Late Work Policy**

I will accept late work from students, with a 20 point deduction every day it is late. After five class days, the assigned grade will be a zero. Retesting will be permitted, the highest grade attained can only be a 70%.

### **Definition of Cheating / Plagiarism Academic Dishonesty**

Copying another person’s work, such as homework, class work, or a test, is a form of cheating. Plagiarism is also a form of cheating. Plagiarism is defined as using another person’s original ideas or writing, without giving credit to the true author, as use of one’s own work. Students guilty of cheating, plagiarism, or other forms of academic dishonesty will be subject to academic and/or administrative disciplinary action that may include loss of credit for the work in question.

## **Texas TEKS Covered by Unit Breakdown:**

### **1st/4th 6 Weeks – Hernandez Middle School**

#### **Unit 1 Health Skills**

Lesson 1: (Taking Responsibility for Health) 11,2A-

C,4A,5A,5D,13A,13D,14A,15A,15C,16A,16D,17A,17C

Lesson 2: (Accessing Valid Health Information, Products & Services)

2B,2C,4A,5A,5B,5D,11A,12A,12B,17A,17B, 17C

Lesson 3: (Practicing Healthful Behaviors) 1A,1I,2C,4A,5A,5D

Lesson 4: (Analyzing Influences on Health) 4A,5A,5D,13G

Lesson 5: (Using Communication Skills) 8A,13A,13D,13E,14A,15A,15B,15C,16B,16C

Lesson 6: (Setting Health Goals & Making Responsible Decisions) 1A,1I,16A,16B

Lesson 7: (Being a Health Advocate) 1A,1I,2C,8A

#### **Unit 2 Mental & Emotional Health**

Lesson 8: (Developing Good Character) 1I,2A,4A,8A,9A,13A,14A,15A,16A

Lesson 9: (Developing a Healthy Mind) 1D,1H,2A,5D,7A,8A,12A,16A

Lesson 10: (Expressing Emotions & Managing Stress) 1H,8A,9A,14A,15C,16A,17A

Lesson 11: (Dealing with Depression) 1G,1H,1I,2A,2C,5A,5B,6B,7A,8A,8B,9A,12A,13A,15A

Lesson 12: (Dealing with Loss & Grief) 1E,1G,1H,1I,2C,8A,9A,11A,14A,15A,15B,16A

#### **Unit 3 Family & Social Health**

Lesson 13: (Developing Healthful Family Relationships)

5D,7J,8A,9A,9B,12A,13D,13F,15A,16A,16B

Lesson 14: (Adjusting to Family Changes) 1H,8A,9B,12A,12B,13A,13D,13F,14A,15A,15B,16B

Lesson 15: (Examining Dating & Friendships) 7J,8A,9A,13A,13C,13G,14A,15A,15C,16A,16D

Lesson 16: (Practicing Abstinence from Sex)

5C,5D,7B,7G,7H,7I,7K,7L,8A,13C,13E,14B,14C,15A,16A,16B

Lesson 17: (Recognizing Harmful Relationships) 1I,4A,7J,8A,9A,14A,16A

Lesson 18: (Preparing for Marriage & Parenthood) 3C,3D,5C,7H,7I,8A,9A,9B,13B,13C,15A

#### **Unit 9 Consumer and Community Health**

Lesson 50: (Acquiring Knowledge of Health Laws) 1A,2B,2C,4A,5A,5B,5D,11A,13D,15A,16A,16B

Lesson 51: (Managing Time & Money) 1H,1I,5D,15A,16A,16B

Lesson 52: (Analyzing Media Messages) 1H,4A,4B,5B,5D,7A,15A,16A,17C

Lesson 53: (Accessing Reliable Health Care) 1I,2B,5D,8A,10B,11B,12A,12B

Lesson 54: (Investigating Health Careers) 1I,11A,16A

Lesson 55: (Learning About Public Health) 1A,2A,2B,2C,8B,10A,10B,11A,13F,16A R.R.I.S.D.

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## **Texas TEKS Covered by Unit Breakdown:**

### **2nd/5th 6 Weeks – McNeil HS**

#### **Unit 5 Nutrition**

Lesson 25: (Choosing Healthful Foods) 1B,1C,1I,5A,5B,5D,16A

Lesson 26: (Following Dietary Guidelines) 1A,1B,1C,5D,7A,13A,16A,16B

Lesson 27: (Using Diet to Guard Against Disease) 1B,1C,4A,5D,7A

Lesson 28: (Developing Healthful Eating Habits) 1I,2B,2D,4A,5A,5D,7A,15A,16A,17B

Lesson 29: (Maintaining a Healthful Weight) 1B,1C,1D,2B,7A,7D,13A,16A,17A,17C

#### **Unit 4 Growth and Development**

Lesson 19: (Keeping your Body Healthy)

1A,1B,1C,1H,1I,2A,2B,2D,5D,6A,6B,6C,7A,7F,12A,13F,15A,16A,17A,17B

Lesson 20: (Learning about the Reproductive Systems)

1A,1C,1I,2A,2B,6A,6B,6C,7A,7B,7C,7H,7I,12A,13A,17B

Lesson 21: (Learning about Pregnancy & Childbirth)

1A,3A,3B,3C,3D,4A,4B,5A,5B,5D,6A,6B,7A,8B,12A,15A,16A,17A,17C

Lesson 22: (Caring for Infants & Children) 1A,1I,5D,7F,8A,9A,12B,13A,15A,16A

Lesson 23: (Developing Learning & Planning Styles) 1A,8A,13A,14A,15A,15B,16A,16B

Lesson 24: (Aging Healthfully) 1A,1E,1H,1I,2A,2C,2D,4B,8A,8B,10B,11B,12A,15A

#### **Unit 6 Personal Health and Physical Activity**

Lesson 30: (Having Regular Physical Exams) 2A,5A,6A,6B,12A,15A,16A,17C

Lesson 31: (Being Well-Groomed) 1I,2A,4A,5A,5D,6A,6B,12A,16A

Lesson 32: (Getting Adequate Rest & Sleep) 1I,1H,2A,4A,5D,6A,15A,16A,17B

Lesson 33: (Participating in Physical Activity) 1B,1C,1H,1I,2A,5D,6A,13A,15A,17B

Lesson 34: (Practicing Fitness) 1A,1B,1H,1I,5D,6A,7A,16A

Lesson 35: (Exercising Safely) 2D,5D,7F,13A

#### **Unit 8 Communicable and Chronic Diseases**

Lesson 44: (Avoiding Communicable Diseases) 2D,4A,16A,17A,17B

Lesson 45: (Dealing with Respiratory Diseases, Asthma & Allergies) 2D,4A,5D,6B,16A,17A

Lesson 46: (Reducing the Risk of STDs & HIV) 1I,2D,4A,5A,5B,5D,7B,7I,7L,10A,12A,15A

Lesson 47: (Reducing the Risk of Cardiovascular Diseases) 1C,1I,

2A,2B,2D,5D,6A,6B,12A,13F,15A,16A,17B

Lesson 48: (Managing Chronic Health Conditions) 1B,1C,1I,2D,6B,15A,16A,17A,17B,17C

Lesson 49: (Reducing the Risk of Cancer) 1B,1D,1I,2D,4A,5A,5D,6B,15A,15B,16A, 17B R.R.I.S.D.

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## **Texas TEKS Covered by Unit Breakdown:**

### **3rd/6th 6 Weeks – McNeil HS**

#### **Unit 7 Alcohol, Tobacco and Other Drugs**

Lesson 36: (Using Prescription and OTC Drugs Safely) 1I,2B,5B,5D,7A,7B,16A

Lesson 37: (Choosing an Alcohol-Free Lifestyle)

1A,1I,2B,3C,4A,4B,5D,6A,7A,7B,7C,7H,8A,9B,13E,14B,15A,16C,16D

Lesson 38: (Choosing an Tobacco-Free Lifestyle) 1A,2B,3C,4A,5D,6A,7A,7B,7C,13E,15A,16A

Lesson 39: (Avoiding Illegal Drug Use)

2B,3C,4A,5D,6A,7A,7B,7C,7D,7E,8A,9A,13E,13G,15A,17B

Lesson 40: (Avoiding Drug Dependence)

1A,1H,5D,7A,7B,7C,7D,7E,7J,8A,9A,9B,13E,13G,14A,14B,15A,16A

Lesson 41: (Resisting Pressure to Abuse Drugs) 5D,7A,7B,7C,7D,7E,8A,11A,13E,15A,16A,16D

Lesson 42: (Reducing Risk by Being Drug Free) 5D,7A,7B,7E,8A,15A,16A,16B,16D

Lesson 43: (Assessing Treatment Options)

5D,7A,7B,8A,9A,10B,11A,12A,12B,13A,13D,13F,15A,16A

#### **Unit 10 Environmental Health**

Lesson 56: (Learning about Environmental Issues) 1F,1L,2B,5D,9B,10A,10B,10C,15A,16A

Lesson 57: (Preventing Air and Water Pollution) 1F,1I,2B,3C,5D,7A,10C,16A,17B

Lesson 58: (Preventing Noise and Visual Pollution) 1F,2B,5D,10C,13A,15A,16A

Lesson 59: (Practicing Recycling and Conservation) 5D,10B,10C,13A,15A,16A

Lesson 60: (Protecting the Environment) 1A,1H,1H,4A,7A,10C,15A,16A,17C

#### **Unit 11 Injury Prevention and Personal Safety**

Lesson 61: (Reducing Unintentional Injuries) 5D,7A,7E,7F,15A,16A,16D

Lesson 62: (Staying Safe During Severe Weather and Natural Disasters) 2D,5D,7E,16A,16B

Lesson 63: (Reducing the Risk of Violence) 5C,5D,7E,7I,14B,15A,15B,15C,16A,16C

Lesson 64: (Respecting Authority and Obeying Laws) 2B,5D,7E,7F,8A,13D,15A,15C,16A

Lesson 65: (Protecting Yourself from Physical Violence)

2C,5A,5C,7A,7E,7F,7J,8A,13A,13E,14B,15A,15C,16A,16C

Lesson 66: (Protecting Yourself from Sexual Violence) 1I,5C,5D,7A,7B,7E,7F,7G,7J,8B,13E,14B

Lesson 67: (Staying Away from Gangs) 5D,7A,7E,7J,9A,9B,15A,16A,16D

Lesson 68: (Reducing Weapon Injuries) 2B,5D,7E,7F,15A,16A,16D,17B

Lesson 69: (Performing Common First Aid Procedures) 1A,1I,2B,2C,2D,5D,7F,12A,15A,15C,16A

Lesson 70: (Performing Emergency First Aid Procedures) 1A,1I,5D,6B,7F,12A,16A