

NJDOE MODEL CURRICULUM

CONTENT AREA: Health	GRADE:9-12	UNIT #: I	UNIT NAME: Wellness
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#	STUDENT LEARNING OBJECTIVES	CORRESPONDING NJCCCS
1	Illustrate short and long-term examples, as well as consequences, of both healthy and unhealthy decision making on friends, family and others. 9	(2.2.12.B.1, 2.2.12.B.2)
2	Determine the impact of individual and family needs and how one could overcome these barriers to develop a personal wellness plan. 11	(2.2.12.B.1, 2.2.12.B.2)
3	Investigate current dietary trends, eating habits and activity levels of young people throughout the world and how they impact weight management. 9	(2.1.12.B.1, 2.1.12.B.2)
4	Analyze how each nutrient class (fats, carbohydrates, protein, minerals, water, vitamins) affects one's health. 10	(2.1.12.B.3)
5	Examine behaviors during one's lifespan that can either prevent or contribute to one's risk of disease or other health conditions and investigate potential strategies for prevention and treatment. 11	(2.1.12.C.1)
6	Compare and contrast strategies that local, state, national, and international agencies use to prevent and control diseases and health conditions and suggest additional strategies. 12	(2.1.12.C.2)
7	Compare and contrast the short- term versus long- term effects of people who are physically active versus people who are physically inactive and the implications on their personal wellness. 9	(2.6.12.A.1)
8	Determine how the health-related fitness components may be used to measure one's health and fitness levels. 10	(2.6.12.A.4)
9	Identify how personal responsibility may impact strategies developed to promote personal, family, and global wellness. 11	(2.1.12.A.1)
10	Evaluate the social and ethical impact that technology and current medical advances have on personal wellness. 12	(2.1.12.A.2)

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Code #	NJCCCS
2.1- Wellness	
A. Personal Growth and Development	<p>12 Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.</p> <p>2.1.12.A.1 Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.</p> <p>2.1.12.A.2 Debate the social and ethical implications of the availability and use of technology and medical advances to support wellness.</p>
B. Nutrition	<p>12 Applying basic nutritional and fitness concepts to lifestyle behaviors impacts wellness</p> <p>2.1.12.B.1 Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.</p> <p>2.1.12.B.2 Compare and contrast the dietary trends and eating habits of adolescents and young adults in the United States and other countries</p> <p>2.1.12.B.3 Analyze the unique contributions of each nutrient class (fats, carbohydrates, protein, water, vitamins, and minerals) to one’s health.</p>
C. Diseases and Health Conditions	<p>12 Personal health is impacted by family, community, national, and international efforts to prevent and control diseases and health conditions.</p> <p>2.1.12.C.1 Predict diseases and health conditions that may occur during one’s lifespan and speculate on potential prevention and treatment strategies.</p> <p>2.1.12.C.2 Develop strategies that will impact local, state, national, and international public health efforts to prevent and control diseases and health conditions.</p>
2.2- Integrated	

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Skills	
B. Decision-Making and Goal Setting	<p>12 Developing and implementing an effective personal wellness plan contributes to healthy decision-making over one’s lifetime.</p> <p>2.2.12.B.1 Predict the short- and long-term consequences of good and poor decision-making on oneself, friends, family, and others.</p> <p>2.2.12.B.2 Evaluate the impact of individual and family needs on the development of a personal wellness plan and address identified barriers.</p>
2.6- Fitness	
A. Fitness and Physical Activity	<p>12 Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.</p>
	<p>2.6.12.A.1 Compare the short- and long-term impact on wellness associated with physical inactivity.</p> <p>2.6.12.A.4 Compare and contrast the impact of health-related fitness components as a measure of fitness and health.</p>