

Brookline High School

Health & Fitness Department
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Course: Advanced Wellness

Advanced Wellness more thoroughly examines and integrates age and developmentally appropriate mental, emotional, sexual, physical, and social health topics. The course is designed to provide advanced health knowledge, skills, and resources for juniors and seniors. The goal of the course is to empower students to make informed decisions regarding their health and wellbeing while in high school and beyond. Course delivery involves classroom instruction, active learning and engagement, project-based learning, and collaboration with school and community resource experts. The course incorporates fitness units (e.g., yoga, Tai Chi, Cross-Fit, Pilates; personal fitness) based on students' interests and requests.

This course is offered as an option for health and fitness credit for juniors and seniors.

Periods Per Week (1 semester): 4 Credit: .5 Prerequisite: None Level: N

- I. Learning Objectives: By the completion of this course, the successful student will have learned to:
 - comprehend concepts related to health promotion and disease prevention to enhance health.
 - analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
 - demonstrate the ability to access valid information and products and services to enhance health.
 - demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
 - demonstrate the ability to use decision-making skills to enhance health.
 - demonstrate the ability to use goal-setting skills to enhance health.
 - demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- II. Learning Experiences: In this course, the student will:
 - participate in and lead classroom discussions.
 - participate in individual, small group, and large group activities and projects (e.g., classroom-based, fitness-based).
 - collaborate with peers and school and community resources.
 - explore the coordination of health topics from mental, emotional, sexual, social, physical aspects.
 - examine MA laws regarding health related topics.

III. Course Outline:

Using skills-based pedagogy, in alignment with the national health education standards, the students will learn the following areas of focus: Numbers in parentheses represent the approximate number of lessons. However, many lessons will be taught simultaneously in a skills-based format.

Health Areas of Focus / Units of Instruction:

- A. Mental and Emotional Health (~18 lessons)
 - Achieving Mental and Emotional Health (2)
 - Understanding emotions
 - Establishing identity
 - Understanding self-image and self-esteem
 - Strategies for improving self-image and self-esteem
 - Anxiety and Depression (6)
 - Differentiation of conditions
 - Causes (e.g., substance abuse disorders, bullying, social media, eating disorders, genetics, low self-esteem)
 - Treatment options
 - Suicide (2)
 - Risk factors
 - Warning signs
 - Sleep (2)
 - Effects on the mind and body
 - Factors affecting sleep
 - Strategies to improve sleep habits
 - Stress & Stress Management (6)
 - Identify stressors
 - Effects on the body and mind
 - Coping strategies (e.g., mindfulness, time management, exercise, relaxation response, improve self-esteem)
 - **Healthy Decision-Making** (*integrated into each lesson*)
 - **Accessing resources and services in the community, college/university, and workplace** (*integrated into each lesson*)
- B. Sexual Health (~18 lessons)
 - Healthy and Unhealthy Relationships (2)
 - Sexual Identity (LGBTQ) (2)
 - Anatomy and Physiology of the Reproductive Systems (3)
 - Protection Methods (e.g., types, use, effectiveness)
 - Pregnancy (e.g., conception, symptoms, prenatal care, birth) (2)
 - Sexually Transmitted Infections (e.g., types, causes, treatment, prevention) (2)

- Sexual Assault and Sexual Harassment (3)
 - Differentiation of terms
 - Rape, consent, MA Laws, reporting
- Healthcare (e.g., preventative care, annual examinations, when to see the doctor) (1)
- Social Media Safety (e.g., sexting, harassment, dating apps) (1)
- **Healthy Decision-Making** (*integrated into each lesson*)
- **Accessing resources and services in the community, college/university, and workplace** (*integrated into each lesson*)

Fitness Area of Focus/ Units of Instruction

As a class, students will select which units they will engage in throughout the semester.

C. Physical and Social Health (36 lessons)

- Adventure Walks
- Cross-Fit
- Field Trip Options (e.g., ropes course, self-defense class)
- Personal Fitness
- Pilates
- Project Adventure Activities
- Spinning / Cycling
- Tai Chi
- Yoga for Wellness

IV. Course Materials / Resources:

Students will not use a textbook during this course. Given the ongoing changes and findings in health education, it would not be advantageous for our students to use textbooks containing non-current or inaccurate information.

Teachers will use portions of following texts, curricula, and websites (as well as others) as resources for developing and teaching the course.

- Benes, S. and Alperin, H. (2016). *The Essentials of Teaching Health Education*. Champaign, IL: Human Kinetics
- Sanderson, C.A., Zelman, M., Lynch, M. and Munsell, M. (2018). *Comprehensive Health*. Tinley Park, IL: The Goodheart-Willcox Company, Inc.
- Planned Parenthood League of Massachusetts. (2016). *Get Real, Comprehensive Sex Education That Works*. Scotts Valley, CA: Education, Training, and Research Associates (ETR).
- Kane, W.M. and Telljohann, S.K., (updated 2017). *Health Smart High School*. Scotts Valley, CA: Education, Training, and Research Associates (ETR).
- <https://www.shapeamerica.org/standards/health/default.aspx>
- <https://www.cdc.gov/healthyyouth/>
- <http://www.doe.mass.edu/sfs/lgbtq/>
- <https://tools2engage.wordpress.com/>