

**FREEHOLD REGIONAL HIGH SCHOOL DISTRICT**

**OFFICE OF CURRICULUM AND INSTRUCTION**

**LAW ENFORCEMENT & PUBLIC SAFETY**

# **LEPS HEALTH 4**

Grade Level: 12

Credits: 1.25

**BOARD OF EDUCATION ADOPTION DATE:**

**AUGUST 31, 2009**

[SUPPORTING RESOURCES AVAILABLE IN DISTRICT RESOURCE SHARING](#)

APPENDIX A: ACCOMMODATIONS AND MODIFICATIONS

APPENDIX B: ASSESSMENT EVIDENCE

APPENDIX C: INTERDISCIPLINARY CONNECTIONS

# **FREEHOLD REGIONAL HIGH SCHOOL DISTRICT**

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## **Curriculum Writing Committee**

Ms. Diana Keil

## **Supervisor**

Ms. Michelle Lilley

## **Course Philosophy**

The mission of the Freehold Regional High School District is to develop global lifelong learners through a comprehensive educational program of diverse and enriching opportunities within a supportive environment. The district's educational community fosters the development of character, initiative, creativity and excellence while maximizing the unique potential of each individual.

The Law Enforcement and Public Safety Career Academy epitomizes the district's mission by providing accepted students with opportunities to study four major areas; law enforcement, fire science, emergency management services and homeland security. The goal is to equip students with the knowledge, skills, values, and attitudes needed to succeed in the public safety arena.

The Law Enforcement and Public Safety Career Academy employs an interdisciplinary approach which includes English, social studies, Spanish, mathematics, science, physical education and fine arts. These courses will build upon each other in order to assist students in understanding the various skills for dealing with our society's diverse needs and population.

The goal of this curriculum is to provide students with a concrete knowledge of healthy behaviors, good health practices and healthy attitudes. The course content and activities contained within will prepare students to make appropriate decisions that pertain to their personal, family, and community well-being.

## **Course Description**

LEPS Health Education IV is the fourth of four Health courses designed to engage students in preparing for the physical and mental requirements of law enforcement agencies and fire fighting and other public service programs such as Homeland Security. Students completing this course will be able to make informed and educated decisions regarding sexual health, reproduction and sexual identity. Students will have an understanding of how self-esteem and respect are essential characteristics to any healthy relationship.

**Freehold Regional High School District  
Curriculum Map**

**Law Enforcement and Public Safety-Health IV**

Relevant Standards <sup>1</sup>	Enduring Understandings	Essential Questions	Assessments		
			Diagnostic (before)	Formative (during)	Summative (after)
2.2.12 B 1-5 2.4.12 A 1-6	<p>Healthy relationships are built on a strong foundation of trust, respect and self-esteem.</p> <p>Tolerance, appreciation and understanding of individual differences are necessary in order to establish healthy relationships.</p>	<p>What are some characteristics of a healthy relationship?</p> <p>What are some attributes you look for in a potential spouse or life partner?</p> <p>How do we learn to respect and understand differences in relationships?</p> <p>What resources are available to help with relationship problems?</p> <p>Why is effective communication important in any relationship?</p>	<p>Observation</p> <p>Pre-test</p> <p>Survey</p> <p>Do-now activity</p>	<p>Observation</p> <p>Homework</p> <p>Class work</p> <p>Group activities</p> <p>Quizzes</p> <p>Research</p> <p>Writing assignment</p>	<p>Observation</p> <p>Research project</p> <p>Review games</p> <p>Writing assignment</p> <p>Posters</p> <p>Quizzes</p> <p>Tests</p> <p>Final written exam</p>
2.4.12 B 1, 4-6	<p>Learning about sexuality and discussing sexual issues is critical for sexual health, but is a sensitive and challenging process.</p> <p>There are many additional challenges that confront those who are not heterosexual.</p>	<p>What is sexuality?</p> <p>What are the male and female reproductive organs?</p> <p>What determines a person's sexual orientation?</p>	<p>Observation</p> <p>Pre-test</p> <p>Survey</p> <p>Do-now activity</p>	<p>Observation</p> <p>Homework</p> <p>Class work</p> <p>Group activities</p> <p>Quizzes</p> <p>Research</p> <p>Writing assignment</p>	<p>Observation</p> <p>Research project</p> <p>Review games</p> <p>Writing assignment</p> <p>Posters</p> <p>Quizzes</p> <p>Tests</p> <p>Final written exam</p>

Relevant Standards <sup>1</sup>	Enduring Understandings	Essential Questions	Assessments		
			Diagnostic (before)	Formative (during)	Summative (after)
2.1.12 E 5 2.1.12 F 3-4 2.3.12 B 8 2.4.12 A 7	Anyone can be involved in an abusive relationship.  Sexual assault can happen to anyone.	How can one recognize an abusive relationship and get help?  What are some preventive measures that a person can take to prevent abusive behaviors?  How can you protect yourself from sexual assault?  What should you do if you are sexually assaulted?  How can you prevent yourself from becoming a victim of a date rape drug?	Observation  Pre-test  Survey  Do-now activity	Observation  Homework  Class work  Group activities  Quizzes  Research  Writing assignment	Observation  Research project  Review games  Writing assignment  Posters  Quizzes  Tests  Final written exam
2.2.12 B 1-5 2.4.12 B 1-4, 6	External pressures and opportunities that present themselves may influence a person to become sexually active.  Sexual activity may lead to certain sexual health problems.	How do you know when the time is right for you to become sexually active?  Why is there a high incidence of unintended pregnancies and sexually transmitted infections?  How can one protect themselves from the risks involved with sexual activity?  Why is it important to do male and female self-exams?	Observation  Pre-test  Survey  Do-now activity	Observation  Homework  Class work  Group activities  Quizzes  Research  Writing assignment	Observation  Research project  Review games  Writing assignment  Posters  Quizzes  Tests  Final written exam

Relevant Standards <sup>1</sup>	Enduring Understandings	Essential Questions	Assessments		
			Diagnostic (before)	Formative (during)	Summative (after)
2.2.12 B 1-5 2.4.12 C 1-6	Prenatal care has a direct impact on the delivery and long-term health of the child.	How do you know when you are ready to have a child?  What are the stages of pregnancy?	Observation  Pre-test  Survey  Do-now activity	Observation  Homework  Class work  Group activities  Quizzes  Research  Writing assignment	Observation  Research project  Review games  Writing assignment  Posters  Quizzes  Tests  Final written exam
2.2.12 B 1, 4 2.4.12 A 5 2.4.12 C 7-11	Raising a child requires physical, economic, emotional, social and intellectual commitment.  Teenage parents have a disadvantage over married parents or life partners.	How will ethics and personal values impact your parenting decisions?  What is considered a safe environment to raise children?	Observation  Pre-test  Survey  Do-now activity	Observation  Homework  Class work  Group activities  Quizzes  Research  Writing assignment	Observation  Research project  Review games  Writing assignment  Posters  Quizzes  Tests  Final written exam

Relevant Standards <sup>1</sup>	Enduring Understandings	Essential Questions	Assessments		
			Diagnostic (before)	Formative (during)	Summative (after)
2.2.12 A 1 2.2.12 E 7 2.2.12.F 1-3	There are numerous health and fitness programs available that provide a variety of services and not all are equal.	What should you know about health care facilities and health and fitness services?	Observation  Pre-test  Survey  Do-now activity	Observation  Homework  Class work  Group activities  Quizzes  Research  Writing assignment	Observation  Research project  Review games  Writing assignment  Posters  Quizzes  Tests  Final written exam

**Freehold Regional High School District  
Course Proficiencies and Pacing  
Law Enforcement and Public Safety-Health IV**

<b>Unit Title</b>	<b>Unit Understandings and Goals</b>	<b>Recommended Duration</b>
Unit #1 : Healthy Relationships	<p>Healthy relationships are built on a strong foundation of trust, respect and self-esteem. Tolerance, appreciation and understanding of individual differences are necessary in order to establish healthy relationships.</p> <p>1. Students will be able to determine the important characteristics of a healthy relationship and effective communication.</p>	1 week
Unit #2: Sexuality	<p>Learning about sexuality and discussing sexual issues is critical for sexual health, but is a sensitive and challenging process. There are many additional challenges that confront those who are not heterosexual.</p> <p>1. Students will be able to describe how culture, religion, society and current trends influence one's sexuality and gender orientation.</p>	1 week
Unit #3: Sexual Assault	<p>Anyone can be involved in an abusive relationship. Sexual assault can happen to anyone.</p> <p>1. Students will be able to identify abuse, unhealthy relationships and strategies to prevent and end dating violence.</p> <p>2. Students will be able to distinguish the association between alcohol and drugs and sexual assault and what to do if sexually assaulted.</p>	1 week
Unit #4: Sexual Activity	<p>External pressures and opportunities that present themselves may influence a person to become sexually active. Sexual activity may lead to certain sexual health problems.</p> <p>1. Students will be able to identify and discuss healthy choices regarding sexual behavior and how to prevent STI's, pregnancy and cancers.</p>	1 - 2 weeks
Unit #5: Pregnancy	<p>Prenatal care has a direct impact on the delivery and long-term health of the child.</p> <p>1. Students will be able to identify how and when pregnancy occurs and describe the stage of pregnancy and childbirth.</p>	1 - 2 weeks



Unit #6: Parenting	<p>Raising a child requires physical, economic, emotional, social and intellectual commitment. Teenage parents have a disadvantage over married parents or life partners.</p> <p>1. Students will be able to describe the importance of parenting in raising healthy children.</p>	1 - 2 weeks
Unit #7: Health Care	<p>There are numerous health and fitness programs available that provide a variety of services and not all are equal.</p> <p>1. Students will research types of fitness facilities and identify the fitness facility that best meets their own needs.</p> <p>2. Students will demonstrate an understanding of the health care industry.</p>	1 week

**Freehold Regional High School District  
Law Enforcement and Public Safety-Health IV**

**Unit #1: Healthy Relationships**

**Enduring Understandings:** Healthy relationships are built on a strong foundation of trust, respect and self-esteem.

Tolerance, appreciation and understanding of individual differences are necessary in order to establish healthy relationships.

**Essential Questions:** What are some characteristics of a healthy relationship?

What are some attributes you look for in a potential spouse or life partner?

How do we learn to respect and understand differences in relationships?

What resources are available to help with relationship problems?

Why is effective communication important in any relationship?

**Unit Goal:** Students will be able to determine the important characteristics of a healthy relationship and effective communication.

**Duration of Unit:** 1 week

**NJCCCS:** 2.2.12 B 1-5, 2.4.12 A 1-6

Guiding / Topical Questions	Content, Themes, Concepts, and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
What is a healthy relationship?  What is an unhealthy relationship?  How does a person develop a healthy relationship with peers, family and intimate partners?	Discuss the important characteristics needed in any healthy relationship.  Differentiate between a healthy and an unhealthy relationship.  Describe what is important to find in a potential spouse or life partner.  Define intimacy, commitment, trust, respect, tolerance and communication.	Textbook  Internet  Videos  Guest speakers  Worksheets	Current events  Internet research  Discussion  Cooperative learning  Video  Guest speakers  Presentations  Power point  Lecture  Transparencies	Quizzes  Tests  Class work  Homework  Research Projects  Writing Assignments  Student Presentations  Reports  Rubrics
Where does one go to get help with relationship issues?	Discuss marriage counselors, therapists, friends and family as ways to help with relationship problems.			
How important is effective communication in a relationship?	Types of communication.  Define the differences between complaint, criticism and content.  Demonstrate different forms of effective communication.			

**Suggestions on how to differentiate in this unit:**

- Group work. Use multi-media teaching strategies. Debates. Vary the quizzes and tests to better suit the individuals in the class.

**Freehold Regional High School District  
Law Enforcement and Public Safety-Health IV**

**Unit #2: Sexuality**

**Enduring Understandings:** Learning about sexuality and discussing sexual issues is critical for sexual health, but is a sensitive and challenging process. There are many additional challenges that confront those who are not heterosexual.

**Essential Questions:** What is sexuality?  
What are the male and female reproductive organs?  
What determines a person's sexual orientation?

**Unit Goal:** Students will be able to describe how culture, religion, society and current trends influence one's sexuality and gender orientation.

**Duration of Unit:** 1 week

**NJCCCS:** 2.4.12 B 1, 4-6

Guiding / Topical Questions	Content, Themes, Concepts, and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
Are sex and sexuality the same thing?	Determine how culture, religion, society and current trends influence sexuality.	Textbook Internet Videos	Current events Internet research Discussion	Quizzes Tests Class work
What are the parts of the male reproductive system?  What are the parts of the female reproductive system?	Label the organs of the male reproductive system.  Describe the functions of the male reproductive system.  Label the organs of the female reproductive system.  Describe the functions of the female reproductive system.	Guest speakers  Worksheets	Cooperative learning  Video  Guest speakers  Presentations  Power point  Lecture  Transparencies	Homework  Research Projects  Writing Assignments  Student Presentations  Reports  Rubrics
Are you born into a gender role or does society and environment play a part?	Investigate current and emerging topics related to sexual orientation.			

**Suggestions on how to differentiate in this unit:**

- Group work. Use multi-media teaching strategies. Debates. Vary the quizzes and tests to better suit the individuals in the class.

**Freehold Regional High School District  
Law Enforcement and Public Safety-Health IV**

**Unit #3: Sexual Assault**

**Enduring Understandings:** Anyone can be involved in an abusive relationship.  
Sexual assault can happen to anyone.

**Essential Questions:** How can one recognize an abusive relationship and get help?  
What are some preventive measures that a person can take to prevent abusive behaviors?  
How can you protect yourself from sexual assault?  
What should you do if you are sexually assaulted?  
How can you prevent yourself from becoming a victim of a date rape drug?

**Unit Goals:** Students will be able to identify abuse, unhealthy relationships and strategies to prevent and end dating violence.  
Students will be able to distinguish the association between alcohol and drugs and sexual assault and what to do if sexually assaulted.

**Duration of Unit:** 1 week

**NJCCCS:** 2.1.12 E 5, 2.1.12 F 3-4, 2.3.12 B 8, 2.4.12 A 7

Guiding / Topical Questions	Content, Themes, Concepts, and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
What is abuse?  What are the differences between healthy and unhealthy risks?  Why do we sometimes take risks that can cause harm to ourselves or others?  How do we know if a relationship is not worth saving?	Define physical, emotional, verbal and sexual abuse and the cycle of abuse.  List some healthy and unhealthy risks that a person might take when in a relationship.  Discuss why one might take one unhealthy risks that may cause them harm.  Discuss when a person should get out of an abusive relationship and how.	Textbook  Internet  Videos  Guest speakers  Worksheets	Current events  Internet research  Discussion  Cooperative learning  Video  Guest speakers  Presentations  Power point  Lecture  Transparencies	Quizzes  Tests  Class work  Homework  Research Projects  Writing Assignments  Student Presentations  Reports  Rubrics
What is sexual assault?  How does one prevent it?	Types of sexual assault.  Legal issues involved in sexual assault.  Describe what to do if sexually assaulted.  Discuss ways to prevent becoming a victim of sexual assault and date rape.			
What are date rape drugs?	Determine the relationship between GHB, ecstasy, alcohol and other drugs and the incidence of sexual assault and date rape.			

**Suggestions on how to differentiate in this unit:**

- Group work. Use multi-media teaching strategies. Debates. Vary the quizzes and tests to better suit the individuals in the class.

**Freehold Regional High School District  
Law Enforcement and Public Safety-Health IV**

**Unit #4: Sexual Activity**

**Enduring Understandings:** External pressures and opportunities that present themselves may influence a person to become sexually active.  
Sexual activity may lead to certain sexual health problems.

**Essential Questions:** How do you know when the time is right for you to become sexually active?  
Why is there a high incidence of unintended pregnancies and sexually transmitted infections?  
How can one protect themselves from the risks involved with sexual activity?  
Why is it important to do male and female self-exams?

**Unit Goal:** Students will be able to identify and discuss healthy choices regarding sexual behavior and how to prevent STI's, pregnancy and cancers.

**Duration of Unit:** 1 - 2 weeks

**NJCCCS:** 2.2.12 B 1-5, 2.4.12 B 1-4, 6

Guiding / Topical Questions	Content, Themes, Concepts, and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
What is sexual activity? What are the risks involved? What are sexually transmitted infections?	Abstinence HIV/AIDS, Herpes, Hepatitis B Chlamydia, Gonorrhea, Syphilis Human Papilloma Virus (HPV) Pubic Lice and Scabies	Textbook Internet Videos Guest speakers Worksheets	Current events Internet research Discussion Cooperative learning Video	Quizzes Tests Class work Homework Research Projects
What are contraceptives? How do they work? How effective are they?	Sterilization Oral contraceptives Condoms Intrauterine device, Diaphragm and Cervical Cap, the Sponge Spermicides Injection, Implant, Ring, Patch Withdrawal, Fertility Awareness Method		Guest speakers Presentations Power point Lecture Transparencies	Writing Assignments Student Presentations Reports Rubrics
Why are self-exams important? How do you perform a male self-exam? How do you perform a female self-exam?	Identify certain cancers that are associated with the male and female reproductive systems. Self breast exam Self testicular exam			

**Suggestions on how to differentiate in this unit:**

- Group work. Use multi-media teaching strategies. Debates. Vary the quizzes and tests to better suit the individuals in the class.

**Freehold Regional High School District  
Law Enforcement and Public Safety-Health IV**

**Unit #5: Pregnancy**

**Enduring Understanding:** Prenatal care has a direct impact on the delivery and long-term health of the child.

**Essential Questions:** How do you know when you are ready to have a child?

What are the stages of pregnancy?

**Unit Goal:** Students will be able to identify how and when pregnancy occurs and describe the stage of pregnancy and childbirth.

**Duration of Unit:** 1 - 2 weeks

**NJCCCS:** 2.2.12 B 1-5, 2.4.12 C 1-6

Guiding / Topical Questions	Content, Themes, Concepts, and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
<p>How does one become pregnant?</p> <p>What are the signs of pregnancy?</p>	<p>Menstrual cycle and ovulation</p> <p>Single pregnancies</p> <p>Multiple pregnancies</p>	<p>Textbook</p> <p>Internet</p> <p>Videos</p>	<p>Current events</p> <p>Internet research</p> <p>Discussion</p>	<p>Quizzes</p> <p>Tests</p> <p>Class work</p>
<p>Why is pre-natal care important?</p> <p>How long does a pregnancy last?</p> <p>What happens during the forty weeks of pregnancy?</p>	<p>Fetal development</p> <p>Key factors during each week of life</p> <p>Discuss what a pregnant female needs to do and what she needs to avoid during pregnancy.</p> <p>Fetal Alcohol Syndrome</p>	<p>Guest speakers</p> <p>Worksheets</p>	<p>Cooperative learning</p> <p>Video</p> <p>Guest speakers</p> <p>Presentations</p>	<p>Homework</p> <p>Research Projects</p> <p>Writing Assignments</p> <p>Student Presentations</p>
<p>What are the stages of birth?</p> <p>What are the different types of birth and why might they be used?</p>	<p>Labor</p> <p>Delivery</p> <p>Afterbirth</p> <p>Caesarean Section</p> <p>Episiotomy and epidural</p>		<p>Power point</p> <p>Lecture</p> <p>Transparencies</p>	<p>Reports</p> <p>Rubrics</p>
<p><b>Suggestions on how to differentiate in this unit:</b></p> <ul style="list-style-type: none"> <li>Group work. Use multi-media teaching strategies. Debates. Vary the quizzes and tests to better suit the individuals in the class.</li> </ul>				

**Freehold Regional High School District  
Law Enforcement and Public Safety-Health IV**

**Unit #6: Parenting**

**Enduring Understandings:** Raising a child requires physical, economic, emotional, social and intellectual commitment.

Teenage parents have a disadvantage over married parents or life partners.

**Essential Questions:** How will ethics and personal values impact your parenting decisions?

What is considered a safe environment to raise children?

**Unit Goal:** Students will be able to describe the importance of parenting in raising healthy children.

**Duration of Unit:** 1 - 2 weeks

**NJCCCS:** 2.2.12 B 1, 4, 2.4.12 A 5, 2.4.12 C 7-11

Guiding / Topical Questions	Content, Themes, Concepts, and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
What are some characteristics of successful parents?  What makes a parent successful?  How does culture affect parenting styles?  How does religion affect parenting styles?  What factor does age play in parenting?  Are there differences in parenting between mothers and fathers?	Types of parenting.  Research and identify characteristics of successful parents.  Changing roles of parents over the years.  Discuss how both culture and religion can have an affect on parenting.  Discuss advantages and disadvantages of having children at different ages and at different times in one's life.  Describe the differences between mother's and father's parenting skills.	Textbook  Internet  Videos  Guest speakers  Worksheets	Current events  Internet research  Discussion  Cooperative learning  Video  Guest speakers  Presentations  Power point  Lecture  Transparencies	Quizzes  Tests  Class work  Homework  Research Projects  Writing Assignments  Student Presentations  Reports  Rubrics

**Suggestions on how to differentiate in this unit:**

- Group work. Use multi-media teaching strategies. Debates. Vary the quizzes and tests to better suit the individuals in the class.

**Freehold Regional High School District  
Law Enforcement and Public Safety-Health IV**

**Unit #7: Health Care**

**Enduring Understanding:** There are numerous health and fitness programs available that provide a variety of services and not all are equal.

**Essential Questions:** What should you know about health care facilities and health and fitness services?

**Unit Goals:** Students will research types of fitness facilities and identify the fitness facility that best meets their own needs.

Students will demonstrate an understanding of the health care industry.

**Duration of Unit:** 1 week

**NJCCCS:** 2.2.12 A 1, 2.2.12 E 7, 2.2.12 F 1-3

Guiding / Topical Questions	Content, Themes, Concepts, and Skills	Instructional Resources and Materials	Teaching Strategies	Assessment Strategies
How does one determine which health care facilities are reputable?	Types of facilities.  Facility reliability.	Textbook  Internet  Videos	Current events  Internet research  Discussion	Quizzes  Tests  Class work
How does one determine what facility suits your needs?	Facility programs, equipment, and certifications.  Possible needs within a facility.	Guest speakers  Worksheets	Cooperative learning  Video  Guest speakers  Presentations	Homework  Research Projects  Writing Assignments  Student Presentations
What health and fitness services are available to you?	Personal trainers.  Dieticians/Nutritionists.  Groups fitness instructors.  Gyms.  Wellness centers.		Power point  Lecture  Transparencies	Reports  Rubrics
How does our health system work and why is it important to you?	U. S. Health System.  How the system works.  Pros and cons.			

**Suggestions on how to differentiate in this unit:**

- Group work. Use multi-media teaching strategies. Debates. Vary the quizzes and tests to better suit the individuals in the class.