

FREEHOLD REGIONAL HIGH SCHOOL DISTRICT

OFFICE OF CURRICULUM AND INSTRUCTION

**LAW ENFORCEMENT AND PUBLIC SAFETY ACADEMY
DEPARTMENT**

**LAW ENFORCEMENT AND PUBLIC
SAFETY/ HEALTH IV**

COURSE PHILOSOPHY

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

Grade Level: 12

Department: Law Enforcement and
Public Safety Academy

Course Title: Law Enforcement and Public Safety-Health IV

Course Code: 113470

Credits: 1.25

BOARD OF EDUCATION ADOPTION DATE: AUGUST 31, 2009

FREEHOLD REGIONAL HIGH SCHOOL DISTRICT

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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 ¹	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 ¹	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 ¹	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 ¹	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**

Unit Title	Unit Understandings and Goals	Recommended Duration
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	Quizzes Tests Class work Homework Research Projects Writing Assignments
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.		Presentations Power point Lecture Transparencies	Student Presentations Reports Rubrics
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?	Abstinence	Textbook	Current events	Quizzes
What are the risks involved?	HIV/AIDS, Herpes, Hepatitis B	Internet	Internet research	Tests
What are sexually transmitted infections?	Chlamydia, Gonorrhea, Syphilis Human Papilloma Virus (HPV) Pubic Lice and Scabies	Videos Guest speakers Worksheets	Discussion Cooperative learning Video	Class work Homework Research Projects
What are contraceptives?	Sterilization		Guest speakers	Writing Assignments
How do they work?	Oral contraceptives		Presentations	Student Presentations
How effective are they?	Condoms Intrauterine device, Diaphragm and Cervical Cap, the Sponge Spermicides Injection, Implant, Ring, Patch Withdrawal, Fertility Awareness Method		Power point Lecture Transparencies	Reports Rubrics
Why are self-exams important?	Identify certain cancers that are associated with the male and female reproductive systems.			
How do you perform a male self-exam?	Self breast exam			
How do you perform a female self-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
How does one become pregnant?	Menstrual cycle and ovulation	Textbook	Current events	Quizzes
What are the signs of pregnancy?	Single pregnancies Multiple pregnancies	Internet Videos	Internet research Discussion	Tests Class work
Why is pre-natal care important?	Fetal development	Guest speakers	Cooperative learning	Homework
How long does a pregnancy last?	Key factors during each week of life	Worksheets	Video	Research Projects
What happens during the forty weeks of pregnancy?	Discuss what a pregnant female needs to do and what she needs to avoid during pregnancy. Fetal Alcohol Syndrome		Guest speakers Presentations	Writing Assignments Student Presentations
What are the stages of birth?	Labor		Power point	Reports
What are the different types of birth and why might they be used?	Delivery Afterbirth Caesarean Section Episiotomy and epidural		Lecture Transparencies	Rubrics
Suggestions on how to differentiate in this unit:				
<ul style="list-style-type: none"> • 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 #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.