



Diocese of Greensburg Curriculum  
Health Grade 7

Unit	Standards	Content	Skills
<p><b>Safety and First Aid/ Safe Environment</b></p>	<p><b>PA: Health, Safety &amp; Physical Ed</b> <b>PA: Grade 9</b></p> <hr/> <p><b>10.3 Safety &amp; Injury Prevention</b> <b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>B. Describe and apply strategies for emergency and long-term management of injuries.</p> <ul style="list-style-type: none"> <li>• rescue breathing</li> <li>• water rescue</li> <li>• self-care</li> <li>• sport injuries</li> </ul> <p>D. Analyze the role of individual responsibility for safety during organized group activities</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> <li>• CPR</li> <li>• First-Aid</li> <li>• Sprains</li> <li>• Strains</li> <li>• Fractures</li> <li>• Compound Breaks</li> <li>• Hypothermia/Hyperthermia</li> <li>• Heat Cramps</li> <li>• Heat Exhaustion</li> <li>• Heat Stroke</li> <li>• Frostbite</li> <li>• Venom</li> <li>• Injuries</li> <li>• Accidents</li> <li>• Poison</li> <li>• Shock</li> <li>• Allergies</li> <li>• Heimlich Maneuver</li> <li>• Back Blows</li> <li>• Seizures</li> <li>• Burns</li> <li>• Active Drowning</li> <li>• Passive Drowning</li> <li>• Concussion</li> <li>• Healthy Relationships</li> <li>• Unhealthy Relationships</li> <li>• Aggressive/Abusive Behavior</li> <li>• Domestic Violence</li> </ul>	<p>The students will be able to:</p> <ul style="list-style-type: none"> <li>• Identify what they can do to be helpful in an emergency situation</li> <li>• Identify the need for and be able to perform CPR, the Heimlich Maneuver, and basic first aid techniques</li> <li>• Describe first aid treatments for common emergencies</li> <li>• Identify the course of action to take in the following emergencies: hurricane, tornado, electrical storm, blizzard, and an earthquake</li> <li>• Describe the causes and treatments for hypothermia, frostbite, heat cramps, heat exhaustion, and heat stroke</li> <li>• Identify an allergic reaction and describe how to respond to it</li> <li>• Develop safety guidelines for water and other outdoor recreational activities</li> <li>• Discuss characteristics of healthy and unhealthy relationships</li> <li>• Identify POSITIVE ways to express anger</li> <li>• Identify abusive/aggressive behaviors</li> <li>• Recognize what you can and cannot do to protect yourself or others in a Domestic Violence situation</li> </ul>

Unit	Standards	Content	Skills
<p><b>Understanding Diseases and Mental Disorders</b></p>	<p><b>PA: Health, Safety &amp; Physical Ed</b> <b>PA: Grade 9</b></p> <hr/> <p><b>10.1 Concepts of Health</b> <b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention</p> <p><b>10.2 Healthful Living</b> <b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>E. Explain the interrelationship between the environment and personal health.</p> <ul style="list-style-type: none"> <li>• ozone layer/skin cancer</li> <li>• availability of health care/ individual health</li> <li>• air pollution/respiratory disease</li> <li>• breeding environments/ Lyme disease/west Nile virus</li> </ul> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<p>Diseases Cancer</p> <ul style="list-style-type: none"> <li>• Diabetes</li> <li>• Heart Disease</li> <li>• Lung Disease</li> <li>• Nervous System Diseases</li> <li>• Autoimmune Disorders</li> <li>• Asthma</li> <li>• Allergies</li> <li>• Arthritis</li> <li>• Bulimia</li> <li>• Anorexia</li> <li>• ADD/ADHD</li> </ul> <p>Mental Disorders</p> <ul style="list-style-type: none"> <li>○ Schizophrenia</li> <li>○ Bipolar</li> <li>○ Depression</li> <li>○ Anxiety</li> <li>○ OCD</li> <li>○ Phobias</li> </ul>	<p>The students will be able:</p> <ul style="list-style-type: none"> <li>• Differentiate between communicable and non-communicable disease and their causes</li> <li>• Describe the risk factors that contribute to non-communicable diseases</li> <li>• Describe how pathogens attack the body, and how the body reacts</li> <li>• Identify and describe the diseases discussed and explain causes and treatments</li> <li>• Describe the ways to prevent the spread of diseases and how to build resistance or gain immunity</li> </ul>
<p><b>Drugs and Alcohol Prevention</b></p>	<p><b>PA: Health, Safety &amp; Physical Ed</b> <b>PA: Grade 9</b></p> <hr/> <p><b>10.1 Concepts of Health</b> <b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>D. Analyze prevention and intervention strategies in relation to adolescent and adult</p>	<ul style="list-style-type: none"> <li>• Opioids</li> <li>• Prescription drug abuse</li> <li>• Neurons</li> <li>• Short-term Effects</li> <li>• Long-term Effects</li> <li>• Endorphins</li> <li>• Overdose</li> <li>• Opium Poppy</li> <li>• Heroin</li> <li>• Fentanyl</li> <li>• Carfentanyl</li> </ul>	<p>The students will be able to...</p> <ul style="list-style-type: none"> <li>• Investigate what opioids are and how they affect individuals</li> <li>• Examine and evaluate how a public health epidemic impacts a community</li> <li>• Design a plan or strategy to help prevent an opioid epidemic in your own community</li> </ul>

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	<p>drug use.</p> <ul style="list-style-type: none"> <li>• decision-making/refusal skills</li> <li>• situation avoidance</li> <li>• goal setting</li> <li>• professional assistance (e.g., medical, counseling, Support groups)</li> <li>• parent involvement</li> </ul> <p><b>10.2 Healthful Living</b></p> <p><b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>D. Analyze and apply a decision-making process to adolescent health and safety issues</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> <li>• Marijuana</li> <li>• Synthetics</li> <li>• Nicotine</li> <li>• Tobacco</li> <li>• Alcohol</li> <li>• Cocaine</li> <li>• DUI</li> <li>• UAD</li> <li>• Stimulants</li> <li>• Depressants</li> <li>• Hallucinogens</li> <li>• Inhalants</li> <li>• Peer-Pressure</li> <li>• Steroids</li> </ul>	<ul style="list-style-type: none"> <li>• Describe the proper disposal for unused prescription drugs</li> <li>• List the negative effects of steroids on the body</li> <li>• Compare and contrast stimulants, depressants, hallucinogens, and inhalants</li> <li>• Identifying the dangers of vaping</li> </ul>

