

Chino Valley Unified School District

High School Course Description

| CONTACTS | |
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| 1. School District Information: | School: Chino Valley Unified School District Street Address: 5130 Riverside Dr., Chino, CA 91710 Phone: (909) 628-1201 Web Site: chino.k12.ca.us |
| 2. Course Contact: | Teacher Contact: Kristen Ferreira Position/Title: Health Teacher Phone: (909) 591-3902 E-mail: kristen_ferreira@chino.k12.ca.us |
| A. COVER PAGE - COURSE ID | |
| 1. Course Title: | Sports Health |
| 2. Transcript Title/Abbreviation: | Sports Health |
| 3. Transcript Course Code/Number: | 5E05 |
| 4. Seeking Honors Distinction: | No |
| 5. Subject Area/Category: | Health |
| 6. Grade level(s): | 9 |
| 7. Unit Value: | 5 units per semester/10 credit total – health |
| 8. Was this course previously approved by UC? | No |
| 9. Is this course classified as a Career Technical Education course: | No |
| 10. Is this course modeled after an UC-approved course? | No |
| 11. Repeatable for credit? | No |
| 12. Date of Board approval? | July 17, 2014 |
| 13. Brief Course Description: | Sports Health is an introductory course designed as a continuum of life experiences emphasizing the sports industry. Utilizing the state health education standards, students will learn to make informed decisions, modify behaviors and change social conditions in ways that are health enhancing and sports related. |
| 14. Prerequisites: | No |
| 15. Context for Course: | Linked Learning Academy (Sports Management Academy), Cross-curricular projects and assignments. |
| 16. History of Course Development: | Sports Management Academy was created in a response to student interest in the Sport industry. As classes were discussed, Health was recognized as one the fundamental courses and vital foundation for future courses in Sports Management. Building upon the preexisting health curriculum in CVUSD , sports related topics and units were added to enhance the curriculum and prepare students for more advanced courses in the Sports Management pathway. The additional sports curriculum requires a change in the course timeline from one semester to two semesters. |
| 17. Textbooks: | Glencoe Health |
| 18. Supplemental Instructional Materials: | Positive Prevention from American Red Cross, Narcanon, Project Sister |
| B. COURSE CONTENT | |
| Course Purpose: | The focus of this course is the relevance of health issues in the sports industry while enabling students to make healthy choices and avoid high-risk behaviors in all aspects of life. This course introduces students to how the sports industry, and everyday life, is affected by health awareness, risks and concerns. |

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Course Outline:

Unit One: Body Systems

- Skeletal—bones, connective tissue, and injury
- Muscular—structure, movement, and injury
- Digestive—structure, function, and disease
- Endocrine—reproduction, growth and development, drug/supplement use and effects
- Circulatory—structure , function and disease
- Respiratory—structure, function and disease

Unit Two: Injury Prevention and Safety

- First aid
- CPR certification
- Sport injury prevention
- Decision making

Unit Three: Alcohol, Drugs and Tobacco

- Effects on the body
- Change in brain chemistry
- Altered decision making
- Drug testing in work and athletics
- Performance enhancing drugs
- Regulation and monitoring
- Athletes in the news
- How drugs have changed sport
- Recreational drug use
- Psychological and physiological addiction
- Mental and emotional effect

Unit Four: Nutrition and Physical Activity

- Nutritional Facts and value
- Caloric intake for athletes and non-athletes
- Synthetic and non-synthetic Supplements and energy drinks
- Essential nutrients
- Types of training athletic and non-athletic
- Eating disorders
- Pulse, heart rate, blood pressure and body fat measurements
- Serving sizes
- Meal plans

Unit Five: Personal and Community Health

- Refusal skills
- Communication—personal relationships, acquaintances, work relationships
- Boundaries

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- Social Media—cyberbullying, internet usage
- Hygiene
- Sleep
- Nutrition
- Preventative health care
- Air quality
- Public Health
- Personal safety, accidents and unintentional injury
- Communicable diseases, immunization

Unit Six: Mental, Emotional and Social Health

- Self-esteem
- Stress Management and Coping
- Decision making
- Consequences of choices
- Character, personality, and integrity
- Expressing emotions
- Body's response to stress
- Understanding and dealing with anxiety and depression and other mental disorders
- Suicide Prevention
- General sports psychology
- Realistic expectations
- Knowing limits—talent and ability
- Motivation
- Team building

Unit Seven: Growth, Development and Sexual Health

- Human growth and development from birth to death
- Reproductive system
- Conception to birth
- Sexually transmitted diseases
- HIV and AIDS
- Abstinence
- Contraceptives
- Pregnancy and Teen pregnancy

Key Assignments:

Cross curricular projects with English.
Cross curricular projects with Biology
CPR and First Aid certification
Drug research project
Sports injury presentation
Performance Enhancing Drug Project

Instructional Methods and/or Strategies:

Project based learning

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Cooperative learning
Student presentations
Guest speakers
Direct instruction
Self-directed learning
Computer based instruction
Class discussion
Analysis of work-based documents
Close reading of technical documents
Technical writing

Assessment Including Methods and/or Tools:

1. Written exams
2. Oral presentations
3. Essays and industry-based reports
4. Research projects
5. Comprehension questions.
6. Homework and class work
7. Work-based learning: guest speakers and field trips
8. Observations of real sports situations