

**URBANDALE COMMUNITY SCHOOL DISTRICT  
CURRICULUM FRAMEWORK OUTLINE**

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**SUBJECT:** Science  
**COURSE TITLE:** Health  
**GRADE LEVEL:** 9

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**COURSE DESCRIPTION:** Health is a comprehensive health course that focuses on teaching and promoting the components of a happy healthy life. Health will build upon previously taught material, as well as introduce new topic material. The students will study the following Education Standards as Mandated by the State of Iowa: personal health, food and nutrition, environmental health, safety and survival skills, consumer health, family health, human growth and development, substance abuse and nonuse, emotional health, health resources, prevention and control of disease, including sexually transmitted disease and acquired immune deficiency syndrome, current crucial health issues, human sexuality, self esteem, stress management, and interpersonal relationships.

**CONTENT STANDARDS:**

In order that our students may achieve the maximum benefit from their talents and abilities, the students of Urbandale Community School District's Health should be able to . . .

**Content Standard IV. Understand and apply the concepts of health science.**

Benchmarks:

- Demonstrate an understanding of essential concepts about nutrition and diet.
- Identify essential concepts about the prevention and control of disease.
- Identify the fundamental concepts of growth and development.
- Recognize essential concepts and practices concerning injury prevention and safety.
- Identify the availability and effective use of health services, products, and information.
- Demonstrate concepts related to promoting and maintaining mental and emotional health.
- Identify how to maintain and promote personal health.
- Recognize substance use and abuse.
- Recognize environmental and external factors that affect individual and community health.

**Content Standard V. Understand and apply scientific method.**

Benchmarks:

- Identify how the health of individuals can be influenced by community resources, research, and medical advances.



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**CONTENT STANDARDS AND COURSE BENCHMARKS WITH INDICATORS FOR HEALTH:**

**Standard IV. Understand and apply the concepts of health science.**

**Benchmark: Demonstrate an understanding of essential concepts about nutrition and diet.**

Indicators: Evaluate the nutritional content of a variety of foods.  
Investigate how body image can play a role in lifestyle choices.  
Review signs, symptoms, and treatment of eating disorders.  
Review school and community health agencies trained to diagnose and treat victims of eating disorders.  
Recognize ways to control body weight and maintain overall health.  
Investigate differing cultures' eating habits and resulting health implications.  
Evaluate the food pyramid.

Assessments: Nutrition Quiz  
Nutrition label calculation/evaluations  
Food diary/mypyramid.gov

**Benchmark: Identify essential concepts about the prevention and control of disease.**

Indicators: Describe the body's levels of defense.  
Identify the stages pathogens take in invading the body.  
Explore common and current infectious diseases.  
Examine the role of the Center for Infectious Disease Control.  
Identify characteristics, causes, and treatments of several types of non-infectious diseases.  
Describe different cardiac abnormalities.  
Explore and evaluate family health history for possible risk factors.

Assessments: Disease Quiz  
Infectious Disease Research Project

**Benchmark: Identify the fundamental concepts of growth and development.**

Indicators: Explore the bones of the skeletal system.  
Explore the muscles of the muscular system.  
Identify muscle involvement with a specific sport or activity.  
Identify primary structures of the respiratory system.



Explore the respiratory and circulatory systems.  
Graph body surface vs. lung capacity.  
Examine and analyze components of the heart.  
Identify the risk factors of cholesterol.  
Express comfortable, positive attitudes about personal decision making and sexuality.  
Identify the anatomy of the male and female reproductive systems and their processes.  
Identify embryo and birth processes.  
Explore different methods of birth control, emphasizing abstinence.  
Identify the risks associated with sexual activity.

Assessments: Skeletal & Muscular Quiz  
Respiratory & Circulatory Quiz  
Diagramming of Structures  
Reproduction Quiz

**Benchmark: Recognize essential concepts and practices concerning injury prevention and safety.**

Indicators: Analyze an emergency situation and demonstrate the correct response.  
Identify the importance of injury prevention and safety.  
List safety precautions needed at work, school, recreation, and home.  
Recognize what procedures to follow in an emergency.  
Recognize warning signs of suicide.  
Identify resource for suicide help.  
Explore gang violence, hate crimes, domestic abuse, date rape and sexual harassment.  
Identify causes, stages, and management techniques for stress.

Assessments: Violence Consortium Project  
Quiz: Violence and Safety  
Informational Suicide Pamphlet  
Quiz: Stress, Suicide, Mental Health and Personal, Emotional & Social Health

**Benchmark: Demonstrate concepts related to promoting and maintaining mental and emotional health.**

Indicators: Record a personal health inventory.  
Express positive attitudes regarding self esteem.  
Take and analyze a personal stress level inventory.  
Identify causes and stages of stress.  
Explore stress management techniques.  
Identify suicide warning signs.  
Identify the different classifications & signs and symptoms of mental disorders  
Identify the stages of death and dying.  
Provide examples of the different stages of death & dying



Assessments: “My Life” worksheet  
Quiz: Death & Dying  
Quiz: Stress, Suicide & Mental Disorders

**Benchmark: Identify how to maintain and promote personal health.**

Indicators: Identify components and phases of fitness.  
Explore a wide variety of cardiovascular activities.  
Recognize a variety of activities that can promote personal health.  
Review the components of physical fitness.  
Identify ways in which to assess physical fitness.  
Identify the three characteristics of health and related risk factors.  
Explore the responsibilities of becoming a parent.

Assessments: Target Heart Rate Calculations  
Quiz: Fitness & Nutrition

**Benchmark: Recognize substance use and abuse.**

Indicators: Explore the effects of drug usage.  
Identify the classifications of drugs and the drugs within.  
Determine long term and short term effects drugs on the body’s systems.  
Identify risk factors associated with drug use.

Assessments: Tobacco pamphlet  
Quiz: Drugs

**Benchmark: Recognize environmental and external factors that affect individual and community health.**

Indicators: Recognize that harassment affects both genders and is counter-productive in a safe classroom or workplace.  
Identify global and environmental problems.  
Identify the characteristics of sexual harassment.  
Recognize the effects the environment has on personal and community health.

Assessments: Issue Analysis Worksheet  
Final Exam

**Standard V. Understand and apply scientific method.**

**Benchmarks: Identify how the health of individuals can be influenced by community resources, research, and medical advances.**

Indicators: Recognize a variety of resources/activities that may promote personal fitness.  
Investigate the effects the environment has on personal and community health.  
Recognize a variety of techniques and procedures that are now used in disease



prevention and treatment.

Assessments: Mypyramid.gov evaluation  
Quiz: Diseases  
Target Heart Rate Scientific Formula

No student enrolled in the Urbandale Community School District shall be excluded from participation in, be denied the benefits of, or be subjected to discrimination in the District's programs on the basis of race, color, creed, sex, religion, marital status, ethnic background, national origin, disability, sexual orientation, gender identity, or socio-economic background. The policy of the District shall be to provide educational programs and opportunities for students as needed on the basis of individual interests, values, abilities and potential.

