

# 10th Grade American Online School

## HEALTH EDUCATION CURRICULUM

### Safety, Wellness, and Disease Prevention

Version Mar/2025

## 1. Introduction

### The Role of Health Education in 10th Grade

Health education in 10<sup>th</sup> grade provides students with the essential knowledge and skills to make informed decisions about their health, safety, and well-being. This curriculum emphasizes disease prevention, emergency preparedness, substance abuse awareness, and healthy lifestyle choices.

By the end of this course, students will:

- ✓ Understand fire prevention, first aid, and CPR to respond effectively in emergencies.
- ✓ Learn about hygiene, disease control, and personal health to prevent illness and promote well-being.
- ✓ Explore the physiological effects of alcohol, tobacco, and drugs on the body and society.
- ✓ Examine traffic and bike safety to reduce accidents and injuries.
- ✓ Develop safety awareness in different environments, including at home, school, and public spaces.

## 2. Core Competence Areas

### HE.1 Fire Prevention and General Safety

#### Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Recognize fire hazards and learn strategies for fire prevention at home, school, and in public places.
- ✓ Understand emergency response procedures, including evacuation plans and fire extinguisher use.
- ✓ Practice general safety measures to prevent accidents in daily life.

#### Competencies

##### HE.1.A.1 – Understanding fire safety and prevention.

- Identify common fire hazards and how to prevent them.
- Learn fire escape plans and how to use fire extinguishers.
- Understand the importance of smoke alarms and emergency preparedness.

##### HE.1.A.2 – Practicing general safety and accident prevention.

- Learn basic household and school safety rules.
- Understand how to prevent slips, falls, burns, and electrical hazards.
- Explore internet safety and digital awareness to prevent cyber threats.

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### HE.2 First Aid, CPR, and Emergency Response

#### Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Understand and apply first aid techniques for common injuries.
- ✓ Perform CPR and understand the role of AEDs (Automated External Defibrillators).
- ✓ Recognize the signs of medical emergencies and learn when to seek help.

## Competencies

### HE.2.A.1 – Learning basic first aid techniques.

- Treat cuts, burns, sprains, and fractures with basic first aid.
- Learn how to respond to choking, allergic reactions, and poisoning.
- Understand how to use basic first aid kits.

### HE.2.A.2 – CPR and emergency response preparedness.

- Learn how to perform CPR on infants, children, and adults.
- Understand the importance of AEDs and how to use them.
- Recognize signs of stroke, heart attack, and heatstroke.

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## HE.3 Personal Hygiene and Disease Control

### Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Understand the importance of hygiene in disease prevention.
- ✓ Recognize how diseases spread and how to prevent infections.
- ✓ Learn about vaccines and their role in public health.

### Competencies

#### HE.3.A.1 – Practicing proper hygiene for health and well-being.

- Learn effective handwashing, dental care, and personal hygiene routines.
- Understand the importance of sleep, nutrition, and exercise in maintaining good health.
- Discuss hygiene practices in preventing acne, infections, and illness.

#### HE.3.A.2 – Understanding disease prevention and control.

- Learn about viruses, bacteria, and how diseases spread.
- Understand the role of vaccinations and herd immunity.

- Explore strategies for preventing common illnesses like colds, flu, and foodborne diseases.

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## **HE.4 Substance Abuse and the Effects of Alcohol, Tobacco, and Drugs**

### **Learning Outcomes**

By the end of this unit, students will be able to:

- ✓ Understand how alcohol, tobacco, and drugs affect the human body.
- ✓ Recognize the social and legal consequences of substance abuse.
- ✓ Learn how to make informed decisions and resist peer pressure.

### **Competencies**

#### **HE.4.A.1 – Understanding the impact of substance abuse.**

- Learn how alcohol and tobacco affect the body and brain.
- Understand the risks of narcotics, prescription drug misuse, and illegal drugs.
- Examine how addiction develops and the challenges of recovery.

#### **HE.4.A.2 – Making informed decisions and resisting peer pressure.**

- Identify healthy coping strategies for stress instead of substance use.
- Practice refusal skills and how to say no to drugs and alcohol.
- Learn about community resources for addiction support.

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## **HE.5 Traffic Safety and Injury Prevention**

### **Learning Outcomes**

By the end of this unit, students will be able to:

- ✓ Understand road safety rules, including pedestrian, bike, and driving safety.
- ✓ Recognize the dangers of distracted driving and impaired driving.
- ✓ Learn how to prevent accidents and injuries in different environments.

## Competencies

### **HE.5.A.1 – Understanding traffic safety and pedestrian awareness.**

- Learn about crosswalk safety, bicycle safety, and helmet use.
- Recognize the importance of seatbelts, airbags, and road signs.
- Understand how distractions (phones, music) affect driving safety.

### **HE.5.A.2 – Preventing accidents and injuries in daily life.**

- Discuss the dangers of impaired driving (alcohol, drugs, fatigue).
- Learn what to do after a car accident.
- Understand how weather conditions impact driving.

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## 3. Assessment and Evaluation

### **Formative Assessments – Checking Progress Through Interactive Learning**

- ✓ Quizzes and discussions on health and safety topics.
- ✓ First aid and CPR skill demonstrations.
- ✓ Group activities and role-playing exercises.

### **Summative Assessments – Measuring Mastery of Learning Objectives**

- ✓ Written exams on key health and safety concepts.
- ✓ Research papers and presentations on disease prevention and substance abuse.
- ✓ Student-created safety guides for homes, schools, and communities.

### **Authentic Assessment – Real-World Applications of Health Education**

- ✓ Emergency response simulations for first aid and CPR.
  - ✓ Community health projects focused on safety and wellness education.
  - ✓ Personal wellness plans where students set health and fitness goals.
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## 4. Instructional Strategies for Online Learning

### Inquiry-Based and Problem-Based Learning

- ✓ Case studies on disease outbreaks and public health policies.
- ✓ Simulations of first aid and CPR techniques using virtual tools.
- ✓ Debates on public health topics, such as substance abuse laws.

### Project-Based Learning (PBL)

- ✓ Student-led research on health topics like nutrition or disease prevention.
- ✓ Group projects on community safety improvements.

### Technology-Integrated Learning

- ✓ Virtual field trips to hospitals and fire departments.
- ✓ AI-powered quizzes and personalized health assessments.

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