

11th Grade American Online School

HEALTH EDUCATION CURRICULUM

Safety, Wellness, and Prevention

Version Mar/2025

1. Introduction

The Role of Health Education in 11th Grade

Health education in 11th grade focuses on personal safety, disease prevention, emergency response, and healthy lifestyle choices. This curriculum equips students with lifesaving skills, knowledge about substance abuse prevention, and an understanding of how to maintain overall well-being.

By the end of this course, students will:

- ✓ Understand fire prevention, safety education, and emergency response.
- ✓ Learn first aid and CPR techniques to handle medical emergencies.
- ✓ Explore personal hygiene, disease prevention, and public health concerns.
- ✓ Analyze the effects of alcohol, tobacco, and drugs on the body and society.
- ✓ Develop strategies for maintaining physical and mental health.
- ✓ Learn traffic and bike safety to reduce accidents and injuries.

2. Core Competence Areas

HE.1 Fire Prevention and General Safety Education

Learning Outcomes

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

- ✓ Identify fire hazards and understand fire prevention techniques.
- ✓ Learn fire escape planning and emergency procedures.
- ✓ Understand workplace and home safety measures.

Competencies

HE.1.A.1 – Understanding fire hazards and prevention strategies.

- Identify common fire hazards in homes, schools, and workplaces.
- Learn how to properly use fire extinguishers and fire suppression systems.
- Understand the role of smoke detectors, fire alarms, and evacuation plans.

HE.1.A.2 – Developing emergency response skills.

- Learn what to do in case of a fire and how to escape safely.
- Practice basic fire drills and emergency action plans.
- Understand the role of emergency services and when to call 911.

HE.2 First Aid and CPR

Learning Outcomes

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

- ✓ Perform basic first aid for cuts, burns, and other injuries.
- ✓ Understand how to respond to choking, cardiac arrest, and other emergencies.
- ✓ Learn how to perform CPR and use an AED (Automated External Defibrillator).

Competencies

HE.2.A.1 – Administering first aid in emergency situations.

- Learn how to treat wounds, burns, and fractures.
- Understand how to handle shock, fainting, and allergic reactions.
- Identify the signs of a stroke and heart attack.

HE.2.A.2 – Mastering CPR and emergency medical response.

- Learn how to perform hands-only CPR and rescue breathing.
- Understand the steps for using an AED effectively.
- Know how to help a choking victim using the Heimlich maneuver.

HE.3 Hygiene and Disease Prevention

Learning Outcomes

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

- ✓ Understand personal hygiene practices for disease prevention.
- ✓ Analyze how infectious diseases spread and how to prevent them.
- ✓ Learn about public health strategies to control outbreaks.

Competencies

HE.3.A.1 – Maintaining personal and public hygiene.

- Learn the importance of handwashing, dental care, and skincare.
- Understand how hygiene practices reduce the spread of illness.
- Explore the role of vaccinations in preventing disease.

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

- Study how bacterial and viral infections spread.
- Learn how lifestyle choices affect immune system health.
- Understand public health policies and epidemic response strategies.

HE.4 Effects of Alcohol, Tobacco, and Drugs

Learning Outcomes

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

- ✓ Understand the short- and long-term effects of alcohol, tobacco, and drug use.
- ✓ Analyze how substance abuse affects physical and mental health.
- ✓ Learn strategies for resisting peer pressure and making healthy choices.

Competencies

HE.4.A.1 – Understanding the effects of substances on the body and mind.

- Study how alcohol affects brain function and decision-making.
- Analyze the impact of nicotine and tobacco products on lung health.
- Understand the dangers of narcotics, opioids, and other illicit drugs.

HE.4.A.2 – Preventing substance abuse and making informed choices.

- Learn how addiction develops and the science of dependency.
 - Explore rehabilitation and support systems for substance abuse recovery.
 - Understand how media and social influence shape attitudes toward drugs.
-

HE.5 Traffic and Bike Safety

Learning Outcomes

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

- ✓ Understand traffic laws and driving safety measures.
- ✓ Learn defensive driving techniques and accident prevention.
- ✓ Analyze bike safety rules and helmet use.

Competencies

HE.5.A.1 – Understanding road safety and driving laws.

- Learn speed limits, road signs, and right-of-way rules.
- Explore the dangers of distracted driving, including texting and driving.
- Study the effects of driving under the influence of drugs or alcohol.

HE.5.A.2 – Practicing bike and pedestrian safety.

- Learn how to properly wear and fit a helmet.
- Understand bicycle road rules and hand signals.
- Study how to be visible and safe in traffic as a cyclist or pedestrian.

3. Assessment and Evaluation

Formative Assessments – Checking Progress Through Interactive Learning

- ✓ Quizzes on health and safety topics, including fire prevention and hygiene.
- ✓ Group discussions and debates on substance abuse prevention and public health.
- ✓ Practice drills for CPR, first aid, and fire safety.

Summative Assessments – Final Projects and Exams

- ✓ Health and safety knowledge tests.
- ✓ Practical assessments on CPR and first aid skills.
- ✓ Research projects on disease prevention, addiction, or public health issues.

Authentic Assessment – Real-World Applications

- ✓ Students demonstrate CPR and first aid skills in practical scenarios.
 - ✓ Health awareness campaigns on social media or school presentations.
 - ✓ Participation in local fire drills or safety training workshops.
-

4. Instructional Strategies for Online Learning

Inquiry-Based and Problem-Based Learning

- ✓ Case studies on real-world health emergencies and prevention strategies.
- ✓ Role-playing exercises for making healthy choices in peer-pressure situations.

Project-Based Learning (PBL)

- ✓ Students create health education videos for younger students.
- ✓ Community outreach projects on disease prevention or drug awareness.

Technology-Integrated Learning

- ✓ Virtual simulations for CPR and emergency response training.
- ✓ AI-powered fitness and health tracking tools for student learning.

AMERICAN
ONLINE
SCHOOL