

**HEALTH II**  
With  
**Driver Safety**

**Course # 0107**

**Credits 1.25**

**2018**

## I. COURSE DESCRIPTION:

This course emphasizes the personal, legal, and social implications that are pertinent to the safe and efficient operation of a motor vehicle. Emphasis is also placed on developing prospective drivers who will have the necessary knowledge, habits, skills, and attitudes to become safe drivers. The students will gain the knowledge to make an informed decision regarding organ donation. The Health component in this course consisting of basic First Aid, Substance Abuse, Organ and Tissue Donation. Each unit provides and equips students with valuable knowledge and skills necessary for life in today's society

## II. UNITS:

<b>Content Area:</b>	HEALTH II	<b>Grade(s)</b>	10th
<b>Unit Plan Title:</b>	<p>Driver Safety:</p> <ul style="list-style-type: none"> <li>Develop knowledge of basic driving safety rules.</li> <li>Assess the dangers of Texting and driving</li> <li>Collaborate to identify risky behaviors for drivers</li> <li>Evaluate the impact of risky behavior on driver safety</li> <li>Review the effects of alcohol on reflexes and judgment</li> <li>Analyze how legal and illegal drug use impairs a driver (e.g., altered metabolic rate, consumption amounts, physical stature)</li> <li>Assess penalties assigned to driving infractions</li> <li>Utilize technology to assess weekly progress in an electronic journal entry</li> <li>Investigate possible outcomes of texting while driving (re: laws, personal consequences, as well as long term personal and financial consequence</li> <li>What are a driver's responsibilities to others drivers they encounter (texting, speeding, wearing headphones, etc.)</li> <li>Research laws governing driver responsibility re: texting/distracted driving</li> <li>Discuss organ and tissue donation and the procedure to participate</li> </ul>		
<b>NJSLS Standard(s) Addressed in this unit</b>			
2.1.12. D 3 Analyze the relationship between alcohol and drug use and the incidence of motor vehicle crashes.			

- 2.1.12. D 4 Develop a rationale to persuade peers to comply with traffic safety laws and avoid driving distractors.
- 2.1.12. D.5 Summarize New Jersey motor vehicle laws and regulations and determine their impact on health and safety (e.g., organ/tissue donation, seatbelt use, and the use of hand-held devices).
- 2.2.12. D.1 Plan and implement an advocacy strategy to stimulate action on a state, national, or global health issue, including but not limited to, organ/tissue donation

### **Essential Questions (3-5)**

In what ways can a driver contribute to vehicular safety?

In what ways can a driver be impaired?

What are a driver's responsibilities to others?

Analyze the importance of complying with motor vehicle laws and avoiding driving distractors, including drug and alcohol use and develop preventative strategies to decrease both intentional and unintentional injuries. (project)

### **Anchor Text**

Health & Wellness , Meeks, Heit and Page, McGraw-Hill Companies, 2005 ISBN: 0-07-830861-5

### **Informational Texts (3-5)**

<https://diversed.com/dmv/new-jersey/handbooks.aspx>,

<https://www.dmv.org/nj-new-jersey/driver-handbook.php>

### **Short Texts (1-3)**

*New Jersey Driver's Manual*, New Jersey Motor Vehicles Commission 2017-2018

### **Formative & Summative Assessments**

#### **Formative Assessment**

Homework

Quiz

Chapter test

Classwork

#### **Summative Assessment**

Marking Period Pre Test

Marking Period Post Test

Project

<b>Resources (websites, Canvas, LMS, Google Classroom, documents, etc.)</b>	
Google Classroom, Canvas	
<b>Suggested Time Frame:</b>	3 Weeks

<b>Content Area:</b>	HEALTH II	<b>Grade(s)</b>	10th
<b>Unit Plan Title:</b>	Alcohol, Tobacco, and Other Drugs <ul style="list-style-type: none"> <li>• Differentiate among prescription, over-the-counter, herbal, and illegal medications or substances</li> <li>• Determine the criteria for evaluation of effective medicinal substances</li> <li>• Compare and contrast the risks and benefits of experimental medicinal and herbal substances</li> <li>• Analyze the impact of diverse and potentially-harmful substances on present and future health (e.g., tobacco, illegal drugs, inhalants)</li> <li>• Investigate the legal consequences of possession, use, and/or sale of illegal substances</li> <li>• Research the possible life altering effects of alcohol and drug abuse on self and others (e.g., HIV/AIDS, sexually transmitted diseases, hepatitis, contraception, fetal alcohol syndrome, date rape, unplanned pregnancy, injuries, illness, death) participate</li> <li>• Relate abuse of prescription and over-the counter drugs to wellness</li> <li>• Research the impact alcohol and/or drugs have on sexting/texting.</li> <li>• How do illegal substances increase the likelihood sexting?</li> </ul>		
<b>NJSLS Standard(s) Addressed in this unit</b>			
2.3.12. A.1 Determine the potential risks and benefits of the use of new or experimental medicines and herbal and medicinal supplements. 2.3.12A.2 Summarize the criteria for evaluating the effectiveness of a medicine. 2.3.12. A.3 Relate personal abuse of prescription and over-the-counter medicines to wellness. 2.3.12.B.1 Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the United States and other countries. 2.3.12. B.2 Debate the various legal and financial consequences of the use, sale, and possession of illegal substances. 2.3.12. B.3 Correlate increased alcohol use with challenges that may occur at various life stages. 2.3.12. B.4 Correlate the use of alcohol and other drugs with incidences of date rape, sexual assault, STIs, and unintended pregnancy.			

- 2.3.12 B.5 Relate injected drug use to the incidence of diseases such as HIV/AIDS and hepatitis.
- 2.3.12. C.1 Correlate duration of drug abuse to the incidence of drug-related injury, illness, and death.
- 2.3.12. C.2 Analyze the effectiveness of various strategies that support an individual's ability to stop abusing drugs and remain drug-free.
- 2.3.12. C.3 Analyze the societal impact of substance abuse on the individual, family, and community.

### **Essential Questions (3-5)**

- In what ways do current behaviors affect our futures?
- What are controlled and uncontrolled substances and how do they affect your thinking ability in making wise choices?
- With an over the counter drug, what are the likelihood of misuse or abuse?
- What are some of the consequences of using and abusing alcohol and other drugs while operating a motor vehicle?
- What impact does tobacco have on the smoker and his/her environment?

### **Anchor Text**

*Health & Wellness*, Meeks, Heit and Page, McGraw-Hill Companies, 2005, ISBN: 0-07-830861-5

### **Informational Texts (3-5)**

### **Short Texts (1-3)**

*Substance Abuse Prevention Activities*, Patricia Rizzo Toner A Simon & Schuster Company 1993 ISBN: 0-87628-879-4

### **Formative & Summative Assessments**

#### **Formative Assessment**

Homework  
Quiz  
Chapter test  
Classwork

#### **Summative Assessment**

Marking Period Pre Test  
Marking Period Post Test  
Project

### **Resources (websites, Canvas, LMS, Google Classroom, documents, etc.)**

Google Classroom, Power points

**Suggested Time Frame:**

3 Weeks

<b>Content Area:</b>	HEALTH II	<b>Grade(s)</b>	10th
<b>Unit Plan Title:</b>	Community Health Skills <ul style="list-style-type: none"><li>• Discuss the importance and responsibilities of first responders</li><li>• Recall opportunities for organ and tissue donation</li><li>• Identify ways in which a conscious or unconscious person might be treated in an emergency breathing situation</li><li>• Differentiate among methods for treating infants, children, and adults</li><li>• Practice and perform rescue breathing techniques appropriate for infants, children, and adults</li><li>• Compare and contrast CPR and AED techniques</li><li>• Research legislation regarding the use of AEDs in public places</li><li>• Perform rescue breathing techniques in simulated emergency situations</li><li>• Perform manual CPR in simulated emergency situations</li><li>• Demonstrate techniques mandated by the Red Cross</li><li>• Assimilate life saving techniques in the performance of Red Cross assessments for certification</li><li>• Present careers in a health industry project using technology</li><li>• Identify the basic components of an emergency situation (e.g., bleeding, burns, choking, possible poisoning)</li><li>• Compare and contrast emergency situations to non-life-threatening situations</li><li>• Illustrate the basic First Aid and care involved in an emergency situation, including basic life support</li><li>• Define the 3 Cs (check, call, care) in the emergency steps sequence</li><li>• Demonstrate methods for bleeding control</li><li>• Dramatize care for emergency situations (e.g., bites, broken bone or joint injury, burns, poisoning, stings)</li><li>• Assess the importance of the use of protective barriers in treatment of victims</li><li>• Utilize technology to research legislation regarding public safety and responder</li></ul>		

**NJSLS Standard(s) Addressed in this unit**

- 2.1.12. D.6 Recognize the relationship between the reasons for First Aid and the value of First Aid training.
- 2.1.12. D.1 Evaluate work and leisure situation for perceived and actual risk of intentional and unintentional injuries.
- 2.1.4. D.4 Demonstrate simple first-aid procedures for choking, bleeding, burns, and poisoning.
- 2.1.6. D.4 Assess when to use basic first-aid procedures
- 2.1.8. D.4 Demonstrate first-aid procedures, including victim and situation assessment, Basic Life Support, and the care of head trauma, bleeding and wounds, burns, fractures, shock, and poisoning.
- 2.1.12. D.6 Demonstrate first-aid procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies.
- 2.1.4. D.1 Determine the characteristics of safe and unsafe situations and develop strategies to reduce the risk of injuries at home, school, and in the community (e.g., fire safety, poison safety, accident prevention)

**Essential Questions (3-5)**

- What skills contribute to certification in First Aid, CPR and AED?
- What measures could be taken in emergency health situations?
- Why do all victims of an accident or injury have to be treated for shock?

**Anchor Text**

Health & Wellness, Meeks, Heit and Page , McGraw-Hill Companies, 2005, ISBN: 0-07-830861-5

**Informational Texts (3-5)**

<https://www.youtube.com/watch?v=Yqk5chXsko>, [https://www.youtube.com/watch=l\\_izvAbhExY](https://www.youtube.com/watch=l_izvAbhExY)

**Short Texts (1-3)**

*Consumer Health and Safety Activities* Patricia Rizzo Toner A Simon & Schuster Company 1993 ISBN: 0-87628-263-X

**Formative & Summative Assessments****Formative Assessment**

- Homework
- Quiz

Chapter test	
Classwork	
<b><u>Summative Assessment</u></b>	
Marking Period Pre Test	
Marking Period Post Test	
Project	
<b>Resources (websites, Canvas, LMS, Google Classroom, documents, etc.)</b>	
<b>Suggested Time Frame:</b>	3 Weeks

### **III. METHODS OF EVALUATION:**

Students are evaluated using the following criteria:

1. Class Participation
2. Attendance
3. Periodic Tests and Quizzes
4. Homework
5. Projects
6. Class Assignments

### **IV. TEXTBOOKS AND INSTRUCTIONAL MATERIALS:**

New Jersey Driver's Manual, New Jersey Motor Vehicles Commission, 2017-18

Health & Wellness, Meeks, Heit and Page, McGraw-Hill Companies, 2005, ISBN: 0-07-830861-5

**V. INSTRUCTIONAL STRATEGIES:**

Various teaching methods are used in this course. Instruction will be given using prepared worksheets, class notes, and exercises from the book. Group activities and cooperative learning may be used. Classroom demonstrations will be included. Board approved videos may be observed. Various topics may be covered by approved speakers.

**VI. SCOPE AND SEQUENCE CHART:**

KEY I = INTRODUCED  
 D = DEVELOPED IN DEPTH  
 R = REINFORCED

**SKILL TO BE LEARNED**

**9 10 11 12**

Gain the knowledge and background to make intelligent decisions about the use and abuse of controlled substances.		IDR		
Gain a positive attitude toward attaining a driver’s license and registering a motor vehicle		IDR		
Gain an understanding of the driving privilege and insurance		IDR		
Understand traffic control devices		IDR		
Gain knowledge of basic driving safety rules		IDR		
Gain respect for driving rules and regulations		IDR		
Understand the responsibility of defensive driving		IDR		
Gain knowledge to better handle driving emergencies		IDR		
Gain the understanding to avoid and report accidents		IDR		
Understand the consequences of drinking and driving		IDR		
Gain the knowledge to make an informed decision regarding organ donation		IDR		
Gain an understanding for the 6 points of ID needed to obtain / renew a driver license		IDR		
Understand the Graduated Driver License Program		IDR		
Understand the immediate and long-term consequences of risky behavior associated with substance abuse		IDR		

Gain knowledge in the use of drugs in unsafe ways is dangerous and harmful.		IDR		
Understand medicines come in a variety of forms (prescription medicines, over-the-counter medicines, medicinal supplements). are used for numerous reasons,		IDR		
Understand the ability to interrupt a drug dependency/addiction typically requires outside intervention, a strong personal commitment, treatment, and the support of family, friends, and others.		IDR		
Understand medicines are used for numerous reasons, and should be taken as directed in order to be safe and effective.		IDR		
Identify the use of drugs in unsafe ways as dangerous and harmful.		IDR		
Understand there is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health-risk behaviors.		IDR		
Gain knowledge that substance abuse impacts individuals from all cultural and socioeconomic backgrounds.		IDR		
Explain substance abuse is caused by a variety of factors		IDR		
Develop an understanding there are many ways to obtain help for treatment of alcohol, tobacco, and other substance abuse problems.		IDR		
Develop personal safety strategies to help reduces the number of injuries to self and others.		IDR		
Understand the importance a first responder's role play at the scene of an accident or injury.		IDR		
Explain when CPR is used and needed		IDR		
Explain when an AED is used and needed		IDR		
Apply first-aid procedures as a way to minimize injury and save lives.		IDR		
Discuss opportunities for organ and tissue donation		IDR		
Develop strategies to identify potential injuries prior to engaging in unhealthy/risky behaviors impacts choices.		IDR		

## **VII. Student Handout:**

### **I. COURSE OVERVIEW:**

This course emphasizes the personal, legal and social implications that are pertinent to the safe and efficient operation of a motor vehicle. Emphasis is also placed on developing prospective drivers who will have the necessary knowledge, habits, skills and attitudes to become safe drivers. The students will gain the knowledge to make an informed decision regarding organ donation. The Health component in this course consisting of basic First Aid, Substance Abuse, Organ and Tissue Donation. Each unit provides and equips students with valuable knowledge and skills necessary for life in today's society.

### **II. PROFICIENCIES:**

- A. Develop a positive attitude toward attaining a driver's license and registering a motor vehicle.
- B. Develop an understanding for the 6 points of ID needed to obtain / renew a driver license.
- C. Develop the knowledge needed to understand the Graduated Driver License Program.
- D. Develop an understanding of the driving privilege and insurance.
- E. Develop courtesy on the road and an understanding of traffic control devices.
- F. Develop knowledge of basic driving safety rules.
- G. Develop knowledge and respect for driving rules and regulations.
- H. Develop responsibility of defensive driving.
- I. Develop knowledge of skills which will enable students to better understand handling driving emergencies.
- J. Develop awareness in avoiding and reporting accidents.
- K. Develop an understanding of the consequences of drinking and driving.
- L. Develop the knowledge to make an informed decision regarding organ donation.
- M. Acquire sufficient knowledge to successfully pass the state examination with 80% or above.
- N. Demonstrate a working comprehension of the knowledge and background necessary for making intelligent decisions regarding the use and abuse of controlled substances
- O. Investigate tobacco use as a contributing or causative factor in the incidence of cancer, heart disease, strokes, emphysema and other lung diseases.
- P. Demonstrate the impact of alcohol use and abuse on body systems and organs including the cardiovascular system, the liver, the reproductive system, and the immune system.

- Q. Assess and evaluate factors that influence the use of alcohol, tobacco, and other drugs.
- R. Evaluate factors that support an individual to quit using substances.
- S. Recognize the relationship between the reasons for First Aid and the value of First Aid training.
- T. Evaluate work and leisure situations for perceived and actual risk of intentional and unintentional injuries.
- U. Develop personal protection strategies to reduce the incidence of injuries and evaluate their effectiveness.