



LINDEN PUBLIC SCHOOLS

RESPECT FOR DIVERSITY - EXCELLENCE IN EDUCATION - COMMITMENT TO SERVICE

Health Topics Grade 10

<https://www.nj.gov/education/standards/chp/>

The following objectives align with the New Jersey Student Learning Standards for Comprehensive Health and Physical Education as well as the Linden Board of Education expectations for student achievement. The corresponding state standards are stated at the end of each objective.

Wellness

- A. Determine the causes and outcomes of intentional and unintentional injuries in adolescents and young adults and propose prevention strategies.

New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.D.1

- B. Develop a rationale to persuade peers to comply with traffic safety laws and avoid driving distractors.

New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.D.4

- C. Summarize New Jersey motor vehicle laws and regulations and determine their impact on health and safety (e.g., organ/tissue donations, seatbelt use, and the use of hand-held devices).

New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.D.5

Integrated Skills

- A. Predict the short- and long-term consequences of good and poor decision-making on oneself, friends, family, and others.

New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.B.1

Personal Safety

- A. Apply a thoughtful decision-making process to evaluate situations and influences that could lead to healthy or unhealthy consequences (e.g., peers, media).

New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.PS.1

- B. Investigate the relationship between alcohol, drug use, and motor vehicle crashes and analyze the short- and long-term consequences of these actions.

New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.PS.4

Driver Safety

- A. Demonstrate an understanding of the rules of the road and safety practices when driving
New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12. PS.1
New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12. PS.3
New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12. PS.4

Health Conditions, Diseases and Medicines

- A. Provide examples of how drugs and medication mimic or block the action of certain cells in the body, and how abusing drugs can affect the human body.
New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.HCDM.2

Alcohol, Tobacco and other Drugs

- A. Examine the influences of drug use and misuse on an individual's social, emotional and mental wellness.
New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.ATD.1
- B. Explore the relationship between individuals who abuse alcohol, tobacco, and other drugs with an increase in intentional and unintentional health-risk behaviors.
New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.ATD.3

I. CONTENT, SCOPE AND SEQUENCE

The marking period course of study is dedicated to Driver Education. It includes cognitive development relating to the understanding of the natural laws of motion and car control, traffic laws and regulations of the New Jersey Motor Vehicle Code and driving a vehicle in adverse conditions.

Also included are the physical, psychological, and legal aspects, effects, and consequences of the use of alcohol and drugs as related to driving. Students have the opportunity to take the written portion of their learner's permit test during this course.

Personal Safety Drivers

Education

- A. You Are the Driver
1. Three parts of the Highway Transportation System (HTS)
 2. HTS regulations
 3. Technology and roadway safety
 4. Social, physical, and mental skills involved in the driving task
 5. Driving and the impact on environment
 6. Idling your vehicle
 7. The Graduated Driver Licensing (GDL) program
 8. Obtaining various permits and licenses
 9. Six points of ID

10. Replacing lost and stolen permit or license
11. Keeping licenses current
12. Road test
13. What to do when stopped by the police
14. Organ donation

B. Signs, Signals and Roadway Markings

1. Shapes and colors used for traffic signs
2. Regulatory signs
3. Guide signs and international signs
4. Warning signs
5. Green, yellow, and red lights
6. Flashing red or yellow signals
7. Pedestrians and traffic control officers
8. Differences between broken and solid yellow and white lines
9. Differences between a shared left turn lane and a left turn lane
10. Various roadway markings (i.e. highway exit ramps, railroad and school crossing, parking restrictions, rumble strips and raised roadway markings)

C. Basic Vehicle Control

1. Instruments, controls, and devices
2. Headlight regulations
3. Checks to make when preparing to drive
4. Hand positioning and hand over hand steering
5. Properly entering and exiting a vehicle
6. Correct positioning of the seat and mirrors
7. Proper acceleration and braking control
8. NJ speed limits
9. Safe corridors
10. Driving a vehicle with automatic transmission
11. Driving a vehicle with manual transmission

D. Performing Basic Vehicle Maneuvers

1. Mirror usage
2. Steps for backing a vehicle
3. Hand signals and when to use them
4. Making right and left turns
5. Keeping to the right
6. Proper lane changes
7. Blind spots
8. Passing and being passed
9. Performing turns (3-point turn/K-turns, U-turns) and using a driveway
10. Performing parking maneuvers (angle, perpendicular and parallel)
11. Reference points to use when parking your vehicle
12. Parking uphill and downhill with and without a curb
13. Parking regulations

- E. Managing Risk with the Identify, Predict, Decide, Execute (IPDE) Process
 - 1. Risk factors encountered when driving
 - 2. The four steps of IPDE
 - 3. The structure of the Zone Control System
 - 4. Open zone and closed zone
 - 5. Orderly visual search pattern
 - 6. Identifying and predicting driving behavior using the Zone Control System

- F. Natural Law and Car Control
 - 1. The effects of gravity on your car
 - 2. Energy of motion
 - 3. Traction control and driving
 - 4. Driving cars through curves
 - 5. Stopping distance
 - 6. The three seconds-plus rule
 - 7. Factors that affect braking distance
 - 8. Controlling force of impact
 - 9. Proper use of safety belts
 - 10. Maximize the benefit of air bags
 - 11. The proper use and positioning of child safety seats including the Child Restraint Law

- G. Negotiating Intersections
 - 1. Searching intersections
 - 2. Controlled and uncontrolled intersection approaches
 - 3. Turns at controlled and uncontrolled intersections
 - 4. Stopping regulations
 - 5. Proper procedures for crossing railroads
 - 6. Right-of-way rules
 - 7. Judging gaps
 - 8. Negotiating roundabouts

- H. Sharing the Roadway
 - 1. The effects of motorcyclist's actions
 - 2. Bicycle, moped and motor scooter guidelines
 - 3. Pedestrians in crosswalks
 - 4. Emergency vehicles
 - 5. Move over Law
 - 6. Trucks

- I. Driving in Adverse Conditions
 - 1. Reduced visibility
 - 2. Driving at dawn and dusk
 - 3. Night driving
 - 4. Low beam and high beam headlights
 - 5. Driving in rain
 - 6. Avoiding hydroplaning
 - 7. Driving in snow
 - 8. Snow and ice removal

9. Correcting a rear wheel skid
10. Controlling your vehicle in windy conditions
11. Precautions for driving in extreme temperatures
12. Driving in construction zones

J. Handling Emergencies

1. Vehicle malfunctions
2. Tire blowouts
3. Failed brakes
4. Stuck accelerator
5. Steering failure
6. Driver errors
7. Returning to the roadway if your vehicle runs off the road
8. Using an emergency swerve
9. Roadway hazards
10. Minimizing damage caused by potholes
11. Escaping from a vehicle that is sinking in water
12. Preventing collisions
13. What to do if a collision occurs

K. Driving in Urban Traffic

1. Urban traffic adjustments
2. Covering the brake

L. Driving in Rural Areas

1. Characteristics of rural traffic
2. Animals on or along the roadway

M. Driving Highways

1. Low-risk driving strategies for highways
2. Entering and exiting a highway properly
3. Increasing following distances
4. Changing lanes on a highway
5. What to do if your vehicle becomes disabled
6. Toll plaza

N. Effects of Driver Condition and Managing Distractions

1. Emotions and driving
2. Physical senses and driving
3. Combating fatigue and highway hypnosis
4. Avoiding carbon monoxide exposure
5. Driving with permanent disabilities
6. Driver inattention and distractions
7. Internal distractions
8. External distractions

O. Alcohol, Drugs and Driving

1. Effects of alcohol on driving
2. Blood alcohol concentration
3. Effects of depressants, stimulants, and hallucinogenic drugs on a driver
4. Effects of combining alcohol and drugs on a driver
5. Traffic laws governing the use of alcohol
6. Implied Consent Law
7. Zero-tolerance levels of intoxication
8. Good host rule
9. Coping with peer pressure

P. Driver Privileges and Penalties

1. The driving privilege
2. DUI and penalties
3. Motor vehicle violations and the New Jersey Motor Vehicle Point System
4. Insurance surcharges for moving violations
5. The driver improvement program

Q. Vehicle Information

1. Vehicle title and registration
2. License plates
3. Vehicle inspection
4. Insurance