

Teacher:

B. Mason

Subject Area:

Principles of Law, Public Safety, Corrections & Security

Room No.:

517

Lesson Title:

Unit VIII Health and Safety in LPSCS Careers

Lesson Date:

04/13 thru 04/17

Meeting Time/Period:

1st, 3rd 5th

Grade Levels:

9 - 11

TEKS:

§130.292(c) (4)(A)(D)

(8)(G)

Essential Question:

What role do health, fitness, and stress management play in LPSCS careers?

The student will / can...

- 1. Identify the dangers associated with careers in law, public safety, corrections, and security*
- 2. Discuss the importance of good health and physical fitness*
- 3. Identify how public safety professionals manage stress related to these jobs*

Activities:

04/13/15

Notes:

Unit VI Fire Protection Services

Unit VI Fire Department Communication

Unit VII Interagency Partnerships

Activity:

Start a discussion by asking students to define fitness, health, and stress. Allow the students to share their own ideas about how to manage each of these. Use the following questions to encourage the discussion:

What are the consequences of good and bad health?

What does it mean to manage stress?

What can you do to get fit?

Is stress good or bad? Can it be both?

Use the Discussion Rubric for assessment

Test Friday over notes Unit VI-VII

04/15/15

Activity:

Fitness Plan. Have students prepare a personal health and fitness program that includes a healthy diet and exercise plan. Each student must create a well-balanced diet and exercise regimen for a full seven days. The diet must include three meals and two snacks a day, along with appropriate beverages. The exercise plan must include both cardio and strength training. The students may research and use pre-existing exercise plans or programs if they adapt them to their own fitness needs. For example, if a student currently uses a commercial workout system, he or she needs to determine how to maximize the results by scheduling certain workouts on specific days. He or she may also choose to use and adapt a commercial diet plan. Use the Individual Work Rubric for assessment.

04/17/15

Test over notes Unit VI-VII

Activity:

Stress Reduction Suggestions Worksheet. Have the students complete the Stress Reduction Suggestions Worksheet. Discuss how each of the stress reduction strategies can be applied to the students' lives. Use the Stress Reduction Suggestions Worksheet Key to guide the discussion. Use the Discussion Rubric for assessment.

Marzano Strateg(ies):

- Summarizing and Note taking
- Classroom work and Practice
- Providing Feedback
- Recognition
- Q & A

Instructional Delivery:

- Warm up
- Unit VIII Personal and Work Related Health, Safety, and Ethics
- Independent Practice:
- Review Notes Unit VIII Personal and Work Related Health, Safety, and Ethics/Reteach
- Unit VIII Personal and Work Related Health, Safety, and Ethics Quiz and Review

Closure: Upon completion of lesson, students will be able to answer the following questions:

Texas Essential Knowledge and Skills for Career and Technical Education

§130.292. Principles of Law, Public Safety, Corrections, and Security (One-Half to One Credit).

(4) The student implements measures to maintain safe and healthful working conditions in a law and public safety environment. The student is expected to:

(A) identify the dangers associated with careers in law, public safety, corrections, and security;

(D) discuss the importance of good health and physical fitness; and

(8) The student identifies the roles of the public safety professional. The student is expected to:

(G) identify how public safety professionals manage the stress related to these jobs

Materials/References:

- Health and Safety in LPSCS Careers computer-based presentation
Computers with Internet access
- Texas Commission on Law Enforcement Officer Standards and Education (TCLEOSE) Fitness Wellness and Stress training materials
http://www.tcleose.state.tx.us/Documents/training/1000_01_fitwellstress.doc
- Do an Internet search for the following:
- Law enforcement careers tips disadvantages of law enforcement careers
- Being a firefighter what is involved in this noble profession 443052
- Marc Kahlberg, Complacency Kills, Law Enforcement Today

