

High School Health

High School Health is a health science elective course that introduces students to what good health is, why good health is important, and what students should do in order to achieve good health.

Upon completion of the course, students should be able to do the following:

- Demonstrate an awareness of health as it applies to their own bodies, minds, and emotions.
- Demonstrate an awareness of health as it applies to their living environments.
- Identify the components of a healthy lifestyle and set reasonable goals to achieve a lifestyle of wellness.
- Understand that incorporating sound health practices creates a lifestyle of moderation and wellness.
- Understand the responsibility of properly caring for their bodies.
- Describe health as it applies to broader society, the world, and their own responsibility to stimulate good health around them.

Unit 1: Body Essentials		
Assignments		
High School Health	1. Course Overview	11. Growth and Development
	2. Building Blocks	12. Project: Fetal Development
	3. Circulatory System and Respiratory System	13. Childhood Development
	4. Quiz 1: Building Blocks of the Body	14. Adolescence
	5. Nervous System and Immune System	15. Adulthood
	6. Experiment: Your Adaptive Heart	16. Project: Interviewing an Older Person
	7. Skeletal System, Muscular System, and Integumentary System	17. Quiz 3: Stages of Development
	8. Digestive System and Excretory System	18. Special Project*
	9. Endocrine System and Reproductive System	19. TEST
	10. Quiz 2: Body Systems	20. Glossary and Credits

Unit 2: Physical Health		
Assignments		
High School Health	1. Benefits of Proper Nutrition	11. Quiz 2: Eating the Right Foods
	2. Carbohydrates, Fats, and Proteins	12. Exercise and Physical Fitness
	3. Vitamins and Minerals	13. Project: Heart Rate
	4. Project: Your Favorite Foods	14. Muscular Endurance and Strength
	5. Quiz 1: Essentials of Nutrition	15. Exercise Program
	6. Developing Proper Eating Habits	16. Project: How Fit Are You?
	7. Dairy Group and Proteins	17. Quiz 3: Exercise and Physical Fitness
	8. Project: Got Calcium?	18. Special Project*
	9. Choosing the Right Foods	19. TEST
	10. Healthy Eating Habits	20. Glossary and Credits

Unit 3: Social and Mental Health		
Assignments		
High School Health	1. Mental and Emotional Health	9. Personal Hygiene
	2. Social Health	10. Teeth and Mouth
	3. Project: Physical Activity and Emotional Health	11. Eyes and Ears
	4. Quiz 1: Mental, Social, and Emotional Health	12. Project: Hygiene Habits
	5. Learning and Making Choices	13. Quiz 3: Personal Hygiene
	6. Friends	14. Special Project
	7. Family	15. TEST
	8. Quiz 2: Social Interaction	16. Glossary and Credits

Unit 4: Preventative Health Care and First Aid		
Assignments		
High School Health	1. Safety	13. First Aid
	2. Home Safety	14. Project: First Aid Kit
	3. Home Safety II	15. Evaluating the Scene
	4. Home Safety III	16. Wounds and Bleeding
	5. Project: Home Safety	17. Burns and Other Emergencies
	6. Quiz 1: Home Safety Issues	18. Project: Making a Splint
	7. Safety Guidelines	19. Extreme Temperature
	8. Personal Safety	20. Quiz 3: First Aid
	9. Essay: Moving Violations	21. Special Project*
	10. Water Safety	22. TEST
	11. Weather Safety	23. Glossary and Credits
	12. Quiz 2: Personal Safety and the Environment	

Unit 5: Responsible Living		
Assignments		
High School Health	1. Disease and Prevention	13. Report: Teenage Drunk Driving
	2. Infectious Disease	14. Tobacco
	3. Project: Your Shots	15. Report: Smoking, A Wise Choice?
	4. Non-Infectious Diseases	16. Quiz 2: STD's, Pregnancy, and Substance Abuse
	5. Project: Major Diseases	17. Health and the Environment
	6. Health Care	18. Project: Air Pollution
	7. Project: Visit the Sick	19. Water and Soil
	8. Quiz 1: Diseases and Health Care	20. Quiz 3: Pollution and the Environment
	9. Sexually Transmitted Diseases and Pregnancy	21. Special Project*
	10. Drug Use and Abuse	22. TEST
	11. Drug Use and Abuse 2	23. Glossary and Credits
	12. Alcohol	