

Unit	Topic	Lesson	Lesson Objectives
Unit 1: Health and Wellness Basics			
Personal Health and Wellness			
Health and Wellness			
Analyze how influences such as heredity, environment, and culture impact health			
Describe the six dimensions of health			
Differentiate between health and wellness			
A Healthy Lifestyle			
Describe how changes in lifestyle have affected health, wellness, and disease			
Describe how individuals can address health problems and endorse health advocacy through education			
Identify controllable and uncontrollable health risk factors and the behaviors that can cause them			
Personal Health Skills			
Decision Making			
Analyze influences on people's decisions and describe the consequences of decision making			
List the steps in the decision making process			
Recommend the steps a person can take to address consequences caused by poor decision making			
Setting Healthy Goals			
Develop an action plan to achieve a personal goal			
Differentiate between long-term goals and short-term goals			
Identify guidelines that should be followed when setting goals			
Personal Care			
Analyze the importance of sleep hygiene for overall health			
Describe personal strategies for minimizing potential harm from exposure to the Sun			
Identify strategies for personal care and hygiene that promote health			
Consumer Health			
Making Consumer Choices			
Analyze health messages delivered through advertisements in the media			
Describe factors that influence consumer decisions about health products, procedures, and information			
Explore the ways in which technology affects the accessibility and reliability of healthcare information			
Choosing Health Services			
Analyze the cost and accessibility of health services for all people			
Describe health care services that are available in the community and how they relate to disease prevention and health promotion			
Evaluate health and fitness professionals			

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		Dealing with Consumer Issues	<p>Explain methods for addressing critical health issues that result from fraud</p> <p>Identify government agencies, consumer groups, and business organizations in the community and world that advocate for consumer rights</p> <p>List and describe common health-related and fitness-related fallacies</p>
		Safety and Environmental Health	
		Making Wise Personal-Safety Decisions	<p>Develop strategies for preventing injuries at work and home</p> <p>Discuss how climate and environmental conditions can influence the safety of recreational activities</p> <p>Discuss the importance of safety precautions while engaging in water-based activities</p>
		First Aid	<p>Defend the importance of learning first aid for responding to accidental injuries</p> <p>Examine strategies for responding to common injuries</p> <p>List the steps for responding to life-threatening emergencies and administering CPR</p>
		Environmental Health	<p>Critique strategies developed and approved by environmental protection agencies for protecting the environment</p> <p>Describe issues related to air quality and its effects on health</p> <p>Examine how various types of pollution impact local communities and the world</p>
		Unit 2: Mental and Emotional Health	
		Achieving Mental and Emotional Health	
		Evaluating Mental and Emotional Health	<p>Describe how mental and emotional health fit into the stages of Maslow's hierarchy of needs</p> <p>Explain how personality influences a person's overall mental and emotional health</p> <p>Identify characteristics of good mental and emotional health</p>
		Managing Emotions	<p>Compare and contrast positive and negative methods for managing emotions</p> <p>Define and identify common emotions</p> <p>Describe the impact of emotions on overall health</p>
		Developing Positive Self Esteem	<p>Differentiate between high and low self-esteem</p> <p>Identify factors that influence self-esteem</p> <p>List strategies for improving self-esteem</p>

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Mental, Emotional, and Stress-Related Problems			
			Mental Health Disorders Identify types of treatment and resources available for mental health disorders Name various types of mental health disorders Summarize the causes of mental health disorders Anxiety, Depression, and Suicide Identify strategies for coping with the symptoms of anxiety Identify strategies for coping with the symptoms of depression List the warning signs of suicide and determine strategies for preventing suicide Stress and Health Describe how people react to stress physically, emotionally, and behaviorally Explain common sources of stress Recognize the relationship between stress and disease Coping with Stress Describe positive and negative strategies for coping with stress Develop healthy behaviors that help reduce stress
Unit 3: Family and Social Health			
			Skills for Healthy Relationships Communication Describe the communication process and effective and ineffective communication Develop speaking, listening, and nonverbal communication skills necessary for building healthy relationships Differentiate between passive, assertive, and aggressive communication styles Conflict Management Demonstrate an understanding of conflict resolution strategies Identify the causes of conflict Recognize factors that influence conflict resolution Responding to Violence and Abuse Describe how sources of conflict, violence, and abuse can be minimized Identify strategies for remaining safe at home and in the community Identify the causes and influences of various types of violence

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Family and Peer Relationships			
		Family Relationships	<p>Describe the importance of families and strategies for having health family relationships</p> <p>Develop strategies for preventing, avoiding, and treating abuse and violence within the family</p> <p>Examine how changes and challenges in the family impact health and wellness</p>
		Healthy Friendships	<p>Discuss resolutions for common difficulties that affect friendships</p> <p>List strategies for forming, building and strengthening healthy friendships</p> <p>Recognize different types of peer relationships and their effects on health</p>
		Peer Pressure and Refusal Skills	<p>Differentiate between positive and negative peer pressure</p> <p>Discuss the refusal skills needed to make responsible decisions under pressure</p> <p>Identify causes of peer pressure and describe situations in which peer pressure is common</p>
		Dating Relationships	<p>Describe the pressures of a teen relationship</p> <p>List characteristics of a healthy and safe dating relationship</p> <p>Summarize the possible consequences of sexual activity for teens</p>
Unit 4: Nutrition and Physical Activity			
		Fitness	
		Physical Activity Benefits	<p>Describe how much physical activity is recommended for developing health and fitness</p> <p>Identify ways physical activity helps lower the risk for disease</p> <p>Summarize the benefits of participating in regular physical activity</p>
		Physical Fitness Attitudes	<p>Identify why physical fitness is an important health factor in the United States</p> <p>Recognize attitudes that positively and negatively influence physical fitness and discuss the benefits of having a positive attitude</p>
		Your Fitness Plan	<p>Describe strategies that can help maintain a fitness program over the long term</p> <p>Explain the steps for putting together a successful personal fitness program</p> <p>Tailor a fitness program to accommodate different life stages</p>

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Food and Nutrition			
		Food and Health	<p>Analyze the relationship between nutrition, health, and wellness</p> <p>Describe the functions of the six basic nutrients in maintaining health</p> <p>Recall common nutrition terminology</p>
		Nutritional Needs	<p>Assess nutritional needs based on dietary guidelines and the Food Guide Pyramid</p> <p>Describe how nutritional needs change throughout the lifespan</p> <p>Formulate healthy meal plans and snacks as part of a balanced diet</p>
		Guidelines for Healthy Eating	<p>Analyze the conditions that lead to the spread of common foodborne illnesses</p> <p>Analyze the information on food labels and apply it to make better food choices</p> <p>Recognize common myths regarding nutrition</p>
Body Composition			
		Healthy Body Composition	<p>Define body composition and describe the importance of body fat</p> <p>Describe genetic, physiological, and lifestyle factors that influence body composition</p> <p>Identify health-related problems associated with abnormal percentages of body fat</p>
		Determining and Controlling Body Composition	<p>Analyze additional strategies for achieving or maintaining a healthy body composition</p> <p>Apply the exercise principles to controlling body composition</p> <p>Describe methods for determining body composition, including Body Mass Index</p>
		Diets	<p>Describe common dietary restrictions and trends</p> <p>Differentiate between multiple meanings of diet</p> <p>Identify additional harmful diets and weight-loss strategies and their effects on the body</p>
		Body Image and Eating Disorders	<p>Develop a methodology for improving body image</p> <p>Discuss the relationship between body image and eating disorders, including the influence of the media on body image</p> <p>List the symptoms and health dangers of the most common eating disorders</p>

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Unit 5: Growth and Development			
The Human Body			
The Skeletal, Muscular, and Nervous Systems			
Describe the structures and proper care of the of the skeletal system			
Describe the structures of the nervous system and identify injuries and diseases the affect the nervous system			
Summarize the muscular system, including the functions, types of muscles, and problems associated with the system			
The Cardiovascular and Respiratory Systems			
Describe proper care of the cardiovascular and respiratory systems to avoid disease			
Describe the functions and structures of the cardiovascular system			
Describe the functions and structures of the respiratory system			
The Digestive and Urinary Systems			
Describe proper care of the digestive and urinary systems to avoid disease and problems that can occur in the urinary and digestive systems			
Describe the functions and structures of the digestive system			
Describe the functions and structures of the urinary system			
The Endocrine and Reproductive Systems			
Describe the functions and structures of the endocrine system			
Identify the names and functions of the parts of the female reproductive system			
Identify the names and functions of the parts of the male reproductive system			
Prenatal Development and Birth			
Abstinence and Contraceptives			
Discuss refusal skills and avoidance techniques for avoiding sexual activity			
Evaluate commonly used contraceptive methods, including abstinence, for effectiveness in preventing pregnancy			
List the advantages of abstinence, including social and emotional benefits			
Pregnancy			
Describe the stages of labor			
Explain the importance of proper prenatal care and nutrition during pregnancy			
Summarize how human life begins from conception through the stages of development			
Heredity and Genetics			
Analyze genetic testing and research and describe their impact on the health of people with hereditary disorders			
Describe heredity and genetics and their role in human development			
Identify common hereditary disorders			

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Adolescence and Adulthood			
		Adolescence	<p>Compare the physical changes that occur in boys and girls during adolescence</p> <p>Describe social changes experienced during adolescence</p> <p>Describe the mental and emotional changes that occur during adolescence</p>
		Adulthood & Marriage	<p>Describe the changes that occur from young adulthood to older adulthood</p> <p>Explain the responsibilities of parenthood, including how parents can promote a healthy family</p> <p>Identify characteristics of successful marriages and challenges married teens may face</p>
		Grieving and Loss	<p>Identify different kinds of loss and their effects</p> <p>Identify resources and methods that help a person cope with grief</p> <p>List the stages of the grieving process and how people react during each stage</p>
Unit 6: Tobacco, Alcohol, and Drugs			
		Tobacco	
		Using Tobacco	<p>Describe the harmful substances in tobacco and tobacco smoke</p> <p>Identify factors that contribute to tobacco use</p> <p>Summarize the effects of tobacco use on family, finances and society</p>
		Dangers of Tobacco	<p>Describe the harmful effects of secondhand smoke, and the effects of tobacco on fetuses, infants and young children</p> <p>Examine laws, policies, and practices that help prevent tobacco-related disease</p> <p>Summarize the short-term and long-term health risks associated with tobacco use</p>
		Choosing a Tobacco-Free Life	<p>Describe strategies, community resources and supports that make quitting smoking easier</p> <p>Describe the benefits of a tobacco-free lifestyle</p> <p>Develop strategies for refusing tobacco products</p>
		Alcohol	
		Using Alcohol	<p>Define alcohol and identify serving size and legal amounts</p> <p>Examine the negative consequences of alcohol use</p> <p>Identify factors that influence decisions about alcohol use</p>

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		Alcohol and the Body	<ul style="list-style-type: none"> Describe alcoholism and its harmful affects on families and society Describe the harmful effects of alcohol on a developing fetus Describe the short-term and long-term effects of alcohol use on the body
		Choosing an Alcohol-Free Life	<ul style="list-style-type: none"> Develop strategies for refusing alcohol Identify organizations involved in educating people about the dangers of alcohol Summarize treatment options for overcoming alcoholism
		Medicines and Illegal Drugs	
		Drugs as Medicine	<ul style="list-style-type: none"> Describe the role of medicine in health promotion, disease prevention, and possible complications that may arise from taking them Differentiate between prescription and over-the-counter medicines List laws, policies, and practices that relate to the safe use of medicine
		Illegal Drugs	<ul style="list-style-type: none"> Describe why and how illegal drugs are abused Differentiate between legal and illegal drugs Identify commonly abused illegal drugs and their effects
		Drug Use Risks	<ul style="list-style-type: none"> Describe drug abuse and examine the health risks and consequences involved in using drugs Describe how drug abuse affects the decision making process Identify the ways that drug use and abuse negatively affect families, friends, communities, and society
		Choosing a Drug-Free Life	<ul style="list-style-type: none"> Describe schools and community strategies for preventing the use of drugs and other addictive substances Develop strategies for refusing illegal drugs List treatment options for drug-related addictions and alternatives to drug and substance abuse
		Unit 7: Diseases and Disorders	
		Communicable Diseases	
		Defining Communicable Diseases	<ul style="list-style-type: none"> Describe ways in which communicable diseases are spread Identify the types of pathogens that cause communicable diseases Name common treatments for communicable diseases

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			Preventing Communicable Diseases <ul style="list-style-type: none"> Examine the ways the body protects itself against invading pathogens Identify community resources available to help treat and prevent the spread of communicable diseases List ways to care for the immune system and prevent the spread of diseases Common Communicable Diseases <ul style="list-style-type: none"> Determine how medical technology has affected the health status of the world Explain the causes, transmission, and treatment of common bacterial and viral diseases Explain the causes, transmission, and treatment of common fungal, protozoan, and parasitic diseases
			Sexually Transmitted Infections <ul style="list-style-type: none"> Risks of Sexually Transmitted Infections <ul style="list-style-type: none"> Describe how STIs are spread from one person to another and how to prevent the spread of STIs Describe the prevalence of sexually transmitted infections and identify why teenagers are particularly at risk for being infected Examine the responsibilities of people who think they may be infected with an STI Common Sexually Transmitted Infections <ul style="list-style-type: none"> Describe the transmission, symptoms, and treatment for common STIs Examine public health policies and practices regarding the prevention and treatment of STIs List examples of ways in which STIs can damage a person's health, including the effects on a fetus Understanding HIV and AIDS <ul style="list-style-type: none"> Describe how HIV infects and destroys the immune system Describe the process of getting tested for HIV and the treatment for HIV infections and AIDS Identify behaviors known to transmit HIV, and behaviors that do not transmit HIV Living with HIV and AIDS <ul style="list-style-type: none"> Analyze the HIV/AIDS pandemic and strategies for improving the current global status Describe the challenges of a person living with HIV/AIDS Relate risk behaviors to the transmission of HIV and describe methods to prevent transmission
			Noncommunicable Diseases and Disabilities <ul style="list-style-type: none"> Cardiovascular Diseases <ul style="list-style-type: none"> Describe common types of cardiovascular disease List ways to identify, treat, and prevent cardiovascular disease Summarize how one's lifestyle can contribute to cardiovascular disease

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Cancer

Describe the causes and types of cancer

Explain methods for treating cancer and recognize the importance of early detection

Identify behaviors that put an individual at risk for developing cancer

Common Noncommunicable Diseases

Describe noncommunicable diseases and the causes of noncommunicable diseases

Differentiate between the types of diabetes and their causes

List common hereditary diseases, immune disorders, and autoimmune diseases and methods for coping with them

Disabilities

Define disability and describe mental and physical disabilities

Describe laws and policies designed to accommodate individuals with disabilities

Examine the challenges individuals with disabilities face