

Health Education

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

Body Essentials: This unit introduces the different systems in the human body, showing how the body develops.

Physical Health: This unit demonstrates to students how they may develop good practices as they promote proper physical health.

Social and Mental Health: This unit teaches how to establish strong social and mental health through true health wisdom.

Preventive Healthcare and First Aid: This unit focuses instruction on safety, emergency care, and disease prevention.

Responsible Living: This unit discusses how students may apply the principles of good stewardship, covering topics like pollution, drugs, alcohol, and tobacco.

Curriculum Content and Skills Focus

Unit 1: Body Essentials:

- Describe the role of cells, tissues, and organs in the body.
- Explain the impact that the understanding of genetics has had on medicine.
- Identify the most serious chronic diseases and leading causes of death.
- Define and discuss heart disease, cancers, and other life-threatening diseases.
- Identify common risk factors and discuss how they contribute to the development and progression of diseases.
- Identify common protective factors and discuss how they contribute to health, wellness, and quality of life.
- Explain the functions of the circulatory, respiratory, and nervous systems.
- Explain how the immune system defends the body against illness and disease.
- Describe the mobility functions of the muscular and skeletal systems.
- Explain the protection features of the integumentary system.
- Describe the process of digestion.
- Examine the functions of the endocrine system.
- Identify the four main functions of the reproductive system.
- Explain fetal development from conception through the three trimesters of pregnancy.
- Explain the physical demands of childbirth.
- Describe the physical, mental, emotional, and social changes that occur during childhood development, adolescence, and adulthood.
- Recognize and describe the stage of growth called adolescence.
- Identify physical changes that occur during adolescence.
- Discuss the emotional and social changes that often occur during adolescence.
- Discuss different ways to maintain physical health.
- Identify aspects of being a responsible adult.
- Understand the physical and mental changes that take place during adulthood.

Unit 2: Physical Health:

- Explain how the health of the individual, family, and community relate to the nation's health goals.
- Explain the relationship between nutrition, quality of life, and disease.
- Analyze the relationship between health promotion and disease prevention.
- Identify the components of proper health and nutrition.
- Understand the information given on food labels.
- Recognize that too many fats and not enough fiber may contribute to health problems.
- Explain the importance of eating regular meals.
- Explain the role of carbohydrates as the body's energy source
- Explain the role of fats in maintaining a healthy body.
- Explain the role of proteins in maintaining a healthy body.
- Describe the role of vitamins and minerals in maintaining a healthy body.
- Understand the importance of eating a balanced diet.
- Examine the nutritional value obtained from the grain, vegetable, and fruit food groups.
- Examine the nutritional value obtained from dairy products.
- Recognize proteins as a good source as energy.
- Understand that oils and empty calories should be consumed in moderation.
- Calculate body mass index to determine if a person is healthy, overweight, or obese.
- Compare food consumption levels and make recommendations for diet changes based on the FDA's nutritional guidelines.
- Define the health risks associated with being overweight or obese.
- Distinguish between aerobic and anaerobic exercise.
- Identify the five components of physical fitness.
- Understand how to improve muscular endurance, strength, and flexibility.
- Describe body composition and the factors that affect it.
- Evaluate your level of physical fitness.
- Know the four variables: mode, intensity, duration and frequency in planning an exercise program.
- Analyze and apply the components needed to develop a personal fitness program.

Unit 3: Social and Mental Health:

- Differentiate between mental and emotional health.
- Describe types of mental health issues.
- Understand the concept and importance of social health.
- Recognize the aspects of socially healthy skills.
- State the steps needed to make decisions.
- Describe what emotional health is.
- Explain the importance of discerning between information that is true and untrue.
- Understand how friendships can impact thoughts and decisions.
- Recognize the signs of prejudice, cliques, and peer pressure.
- Examine the importance of showing compassion to family members.
- Understand the types and influences of peer pressure.
- Demonstrate refusal strategies.
- Examine the importance of showing compassion to family members.
- Analyze the health messages delivered through media and technology.
- Explain how technology has impacted the health status of individuals, families, communities, and the world.
- Analyze how communication is more than just words.
- Explain how communication is an interpersonal skill.
- Develop evaluation criteria for health information.
- Demonstrate ways to utilize criteria to evaluate nutritional information for appropriateness.

Unit 4: Preventive Healthcare and First Aid:

- Examine safety practices that help people live responsibly.
- Determine ways to create a safe environment in the home.
- Provide precautions to take to prevent house fires.
- Explain how to evacuate a burning building.
- Provide strategies to avoid electrical accidents.
- Provide personal safety practices to avoid potentially harmful situations.
- Analyze strategies for preventing accidental injuries while using different modes of transportation.
- Provide strategies for preventing accidental injuries that occur during recreational water activities.
- Describe water safety practices to be used around the home.
- Describe safety precautions that should be taken during lightning storms, floods, hurricanes, and tornadoes.
- Identify ways to protect the body during extreme cold and hot weather.
- Identify the signs of hypothermia and frostbite.
- Provide actions for responding to a hypothermia or frostbite victim.
- Identify the signs of heat exhaustion and heat stroke.
- Provide actions for responding to a heat exhaustion or heat stroke victim.
- Know the appropriate steps for responding to an emergency situation.
- Explain strategies for responding to a choking victim or one with other breathing problems.
- Analyze strategies for responding to an emergency situation requiring CPR.
- Recognize the signs of stroke and how to assist a stroke victim.
- Describe the six categories of soft tissue wounds and the first aid that should be given.
- Provide strategies for bleeding injuries and accidental dismemberment.
- Analyze strategies for responding to a shock victim.
- Classify burns as first, second, or third degree.
- Analyze strategies for responding to burn victims.
- Provide strategies for responding to accidental injuries such as poisoning, animal bites, insect bites or stings.
- Provide strategies for responding to accidental muscle, joint and bone injuries.

Unit 5: Responsible Living:

- Differentiate between non-communicable and communicable diseases.
- Identify the types of pathogens that cause infectious (communicable) diseases.
- Examine how the body protects itself against invading pathogens.
- Recognize ways to avoid infections.
- Recognize the recommended immunizations for prevention of disease.
- Describe the causes, transmission, and symptoms of several infectious diseases.
- Describe the different types of circulatory system diseases.
- Discuss the causes and types of cancer and general symptoms.
- Explain the causes and types of diabetes and the general symptoms.
- Describe available health-related services, such as primary and preventive care.
- Understand the roles of different health care professionals.
- Describe the public health-related services in the community that relate to disease prevention and health promotion.
- Compare and analyze the cost, availability, and accessibility of health services for people of all ages.
- Identify, describe, and assess available health-related services in the community that relate to disease prevention and health promotion.
- Analyze the influence of laws, policies, and practices on health-related issues including those related to disease prevention.
- Discuss the legal implications regarding sexual activity as it relates to minor persons.
- Identify symptoms and treatments for some common STDs.
- Analyze the responsibilities that follow pregnancy and childbirth.
- Discuss current methods of pregnancy and STD prevention.
- Understand the classification of drugs.
- Define and describe drug abuse.
- Understand how a variety of drugs functions.
- Classify and explain the four categories of abused drugs.

- Describe the effects of commonly abused drugs.
- Describe the harmful effects of alcohol on the body.
- Recognize the signs of alcohol dependence.
- Describe the harmful substances found in tobacco.
- Recognize the harmful effects tobacco has on the person using it and those surrounding.
- Understand signs of tobacco addiction.
- Recognize how the environment influences the health of the community.
- Differentiate between the layers of the atmosphere.
- Understand the importance of water and land.
- Describe how water and land are cleansed naturally.
- Recognize the important role water and soil play in our environment.
- Examine water pollutants and how to prevent them.
- Examine soil pollutants and how to prevent them.

Unit 1: Body Essentials		
Assignments		
Health Education	1. Course Overview	10. Endocrine System and Reproductive System
	2. Building Blocks	11. Quiz 2
	3. Genetics, Risk Factors, and Behaviors	12. Growth and Development
	4. Circulatory System and Respiratory System	13. Project: Fetal Development
	5. Experiment: Your Adaptive Heart	14. Childhood Development
	6. Quiz 1	15. Adolescence
	7. Nervous System and Immune System	16. Adulthood
	8. Skeletal System, Muscular System, and Integumentary System	17. Quiz 3
	9. Digestive System and Excretory System	18. Special Project*
		19. Test

Unit 2: Physical Health		
Assignments		
Health Education	1. Healthy Life	12. Project: Monitoring Weight and Food Consumption in Your Family
	2. Benefits of Proper Nutrition	13. Quiz 3
	3. Choosing the Right Foods	14. Exercise and Physical Fitness
	4. Healthy Eating Habits	15. Muscular Endurance and Strength
	5. Quiz 1	16. Exercise Program
	6. Carbohydrates, Fats, and Proteins	17. Project: How Fit Are You?
	7. Vitamins and Minerals	18. Quiz 4
	8. Quiz 2	19. Special Project*
	9. Developing Proper Eating Habits	20. Test
	10. Dairy Group and Proteins	
	11. Overweight and Obesity Causes	

Unit 3: Social and Mental Health	
Assignments	
Health Education	1. Mental and Emotional Health
	2. Social Health
	3. Project: Physical Activity and Emotional Health
	4. Quiz 1
	5. Learning and Making Choices
	6. Friends
	7. Art of Refusal
	8. Quiz 2
9. Family	
10. Project: Family of Healthy Living	
11. Media and Technology	
12. Communication	
13. Presenting Health	
14. Quiz 3	
15. Special Project*	
16. Test	

Unit 4: Preventative Health Care and First Aid	
Assignments	
Health Education	1. Safety
	2. Home Safety
	3. Quiz 1
	4. Home Safety II
	5. Home Safety III
	6. Project: Home Safety
	7. Quiz 2
	8. Safety Guidelines
	9. Personal Safety
	10. Essay: Fixing a Fight
	11. Quiz 3
	12. Water Safety
	13. Weather Safety
	14. Extreme Temperature
	15. Quiz 4
	16. Evaluating the Scene
	17. Wounds and Bleeding
	18. Project: First Aid Kit
	19. Burns and Other Emergencies
	20. Quiz 5
	21. Special Project*
	22. Test

Unit 5: Responsible Living	
Assignments	
Health Education	1. Disease and Prevention
	2. Infectious Disease
	3. Quiz 1
	4. Non-Infectious Diseases
	5. Project: Major Diseases
	6. Health Care
	7. Access to Health Services
	8. Project: Preventive Health
	9. Health and the Law
	10. Quiz 2
	11. Sexually Transmitted Diseases and Pregnancy
	12. Drug Use and Abuse
	13. Drug Use and Abuse II
	14. Project: Health Issues
	15. Quiz 3
	16. Alcohol
	17. Tobacco
	18. Project: Risky Behaviors
	19. Quiz 4
	20. Ecology
	21. Project: Air Pollution
	22. Water and Soil
	23. Project: Long-term Personal Health Plan
	24. Quiz 5
	25. Special Project
	26. Test

Unit 6: Final Exam	
Assignments	
Health Edu.	1. Final Exam

(*) Indicates alternative assignment