

Unit	Topic	Lesson	Objectives
Unit 1: Health and Wellness Basics			
Personal Health and Wellness			
Health and Wellness			
			Describe the six dimensions of health
			Differentiate between health and wellness
			Analyze how influences such as heredity, environment, and culture impact health
A Healthy Lifestyle			
			Describe how changes in lifestyle have affected health, wellness, and disease
			Identify controllable and uncontrollable health risk factors and the behaviors that can cause them
			Describe how individuals can address health problems and endorse health advocacy through education
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			
			Differentiate between long-term goals and short-term goals
			Identify guidelines that should be followed when setting goals
			Develop an action plan to achieve a personal goal
Personal Care			
			Identify strategies for personal care and hygiene that promote health
			Describe personal strategies for minimizing potential harm from exposure to the Sun
			Analyze the importance of sleep hygiene for overall health
Consumer Health			
Making Consumer Choices			
			Describe factors that influence consumer decisions about health products, procedures, and information
			Analyze health messages delivered through advertisements in the media
			Explore the ways in which technology affects the accessibility and reliability of healthcare information
Choosing Health Services			
			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
			Analyze the cost and accessibility of health services for all people

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

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

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

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

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

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

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		Alcohol and the Body	
			Describe the short-term and long-term effects of alcohol use on the body
			Describe the harmful effects of alcohol on a developing fetus
			Describe alcoholism and its harmful affects on families and society
		Choosing an Alcohol-Free Life	
			Summarize treatment options for overcoming alcoholism
			Identify organizations involved in educating people about the dangers of alcohol
			Develop strategies for refusing alcohol
		Medicines and Illegal Drugs	
		Drugs as Medicine	
			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	
			Differentiate between legal and illegal drugs
			Describe why and how illegal drugs are abused
			Identify commonly abused illegal drugs and their effects
		Drug Use Risks	
			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	
			Describe schools and community strategies for preventing the use of drugs and other addictive substances
			List treatment options for drug-related addictions and alternatives to drug and substance abuse
			Develop strategies for refusing illegal drugs
Unit 7: Diseases and Disorders			
		Communicable Diseases	
		Defining Communicable Diseases	
			Identify the types of pathogens that cause communicable diseases
			Describe ways in which communicable diseases are spread
			Name common treatments for communicable diseases

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		Preventing Communicable Diseases	
			Examine the ways the body protects itself against invading pathogens
			List ways to care for the immune system and prevent the spread of diseases
			Identify community resources available to help treat and prevent the spread of communicable diseases
		Common Communicable Diseases	
			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
			Determine how medical technology has affected the health status of the world
		Sexually Transmitted Infections	
		Risks of Sexually Transmitted Infections	
			Describe the prevalence of sexually transmitted infections and identify why teenagers are particularly at risk for being infected
			Describe how STIs are spread from one person to another and how to prevent the spread of STIs
			Examine the responsibilities of people who think they may be infected with an STI
		Common Sexually Transmitted Infections	
			Describe the transmission, symptoms, and treatment for common STIs
			List examples of ways in which STIs can damage a person's health, including the effects on a fetus
			Examine public health policies and practices regarding the prevention and treatment of STIs
		Understanding HIV and AIDS	
			Describe how HIV infects and destroys the immune system
			Identify behaviors known to transmit HIV, and behaviors that do not transmit HIV
			Describe the process of getting tested for HIV and the treatment for HIV infections and AIDS
		Living with HIV and AIDS	
			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	
		Cardiovascular Diseases	
			Describe common types of cardiovascular disease
			Summarize how one's lifestyle can contribute to cardiovascular disease
			List ways to identify, treat, and prevent cardiovascular disease

Unit	Topic	Lesson	Objectives
		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
			List common hereditary diseases, immune disorders, and autoimmune diseases and methods for coping with them
			Differentiate between the types of diabetes and their causes
		Disabilities	
			Define disability and describe mental and physical disabilities
			Examine the challenges individuals with disabilities face
			Describe laws and policies designed to accommodate individuals with disabilities