

HEALTH

Grade Level: 9, 10, 11, 12

Credit: 0.5 or 1.0

Prerequisite: None

This course emphasizes the importance of healthy lifestyle choices for one's overall health and quality of life. Students will learn various components of health to enhance their knowledge of personal, community and world health issues. They also engage in research to explore communicable and non-communicable diseases, health risk factors, and treatments and prevention.

Health Lessons

Teacher Message

Section 1: Personal Health

- 1. Healthy Eating/Nutrition Habits**
- 2. Poor Nutrition, Eating Disorders, Fad Diets**
- 3. Physical Fitness**
- 4. Diseases of a Sedentary Lifestyle**
- 5. Hygiene**
- 6. Illness resulting from Poor Hygiene**
- 7. Healthy Eyes and Ears**
- 8. Sight and Hearing Problems**
- 9. Healthy Sexuality and Adolescent Changes**
- 10. STDs, HIV/AIDS, and Sexual Abuse**



- 11. Pregnancy and Childbirth**
- 12. Pregnancy/Newborn Illnesses**
- 13. Emotional Health**
- 14 Emotional Illness**
- 15. A Healthy Mind**
- 16. Mental Diseases**
- 17. A Healthy Self-Esteem**
- 18. Problems from a Low Self-Esteem**
- 19. Healthy Self-Control**
- 20. Addiction (alcohol, drugs, tobacco)**

Section 2: Community Health Components

- 21. Health Care Providers in Your Community**
- 22. Community Health and Government**
- 23. Conflict Resolution/Programs to Reduce Violence**
- 24. Respect for Diversity**
- 25. Environmental Health and Safety**
- 26. Health Messages**
- 27. Class Evaluation**

