

CURRICULUM OVERVIEW

Health Education



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Health Education Course Overview

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.

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

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

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

Unit 6: Final Exam		
	Assignments	
	1. Final Exam	

(*) Indicates alternative assignment