

This comprehensive health course provides students with essential knowledge and decision-making skills for a healthy lifestyle. Students will analyze aspects of emotional, social, and physical health and how these realms of health influence each other. Students will apply principles of health and wellness to their own lives. In addition, they will study behavior change and set goals to work on throughout the semester. Other topics of study include substance abuse, safety and injury prevention, environmental health, and consumer health.

### **Unit 1: Health Choices**

- What Is Health?
- Decision Making Skills
- Unit Exam

### **Unit 2: Mental Health**

- Mental & Emotional Health
- Coping Skills
- Stress & Time Management
- Unit Exam

### **Unit 3: Social Health**

- Healthy Relationships
- Communications
- Unit Exam

### **Unit 4: Physical Health**

- Physical Health
- Nutrition
- Reproductive Health
- Unit Exam

### **Unit 5: Diseases & Drugs**

- Disease Transmission & Prevention
- Drugs & Alcohol
- Unit Exam

### **Unit 6: Health & Safety**

- Consumer & Environmental Wellness
- Safety & Injury Prevention
- Unit Exam

### **Unit 7: Health Interventions**

- Health Behavior Interventions

### **Unit 8: Final Exam**

- Final Exam