

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