Middle School Health aids students in creating a foundation of personal health. Beginning with properly defining health, this course then builds upon basic health practices to emphasize the importance of balance. Attention is given to each of the six dimensions of wellness; namely, physical, intellectual, emotional, spiritual, social, and environmental. Students are taught the skills necessary to improve every aspect of health. They are also encouraged to reflect upon their own personal wellness each week.

Unit 1: Health Choices

- What Is Health?
- Decision Making Skills

Unit 2: Mental Health

- Mental Health
- Coping Skills
- Stress & Time Management

Unit 3: Social Health

- Healthy Relationships
- Communication

Unit 4: Personal Fitness

- Physical Wellness
- Nutrition
- Weight Management

Unit 5: Personal Health

- Disease Transmission & Prevention
- Drugs & Alcohol
- Reproductive Health

Unit 6: Health & Safety

- Consumer & Environmental Health
- Safety & Personal Injury

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