



HIGH SCHOOL UNITS

Unit 1 Personal Fitness

- The Components of Fitness and the F.I.T.T. Principle
- Types and Benefits of Specific Exercises
- Sports and Injury Prevention
- Proper Conditioning, Nutrition, and Hydration

Unit 2 Nutrition and Health

- The Dietary Guidelines
- Healthy Eating Patterns and Behaviors
- Healthy Vending Machine Options
- Don't Fall for Fast Food

Unit 3 Body Systems

- Body Systems
- Lifestyle Choices and their Effects on Body Systems
- Weight and Health
- Preventive Medicine, Health Literacy, and Community Health Resources
- The Stages of Pregnancy and Prenatal Care

Unit 4 Growth and Development

- When Your Body Changes
- Feeling and Acting Like a Teenager
- Making the Most of Your Adolescent Years
- Staying Healthy During Adolescence

Unit 5 Avoidance of High Risk Behaviors

- The Facts on Tobacco Products and Smoking
- Don't Ruin Your Life – Alcohol, Drug, and Gang Prevention
- Guard Your Health
- Pregnancy, HIV/STDs Awareness and Prevention – Abstinence Approach
- Too Young to Be a Parent
- Abstinence – The Healthiest and Most Effective Choice
- The Facts on Abuse and Neglect
- Healthy Relationships and Communication

- Courtship and Marriage

Unit 6 Using Health Information and the Influence of Media and Technology

- Using Available Health Information
- Influence of the Media and Technology

Unit 7 Environmental and Global Health Issues

- How the Environment Can Affect Your Health
- Exercise and the Environment
- Global Health Issues

Unit 8 Safety

- Avoiding Accidental Injuries/Responding to Emergencies
- Safe and Healthy School Environments
- Teen Driving and Safety

Unit 9 Social and Mental Health

- Self-Esteem and Peer Pressure
- Social and Mental Health (Death, Grieving, Depression, etc.)
- Socially Acceptable Behaviors
- Emotional and Social Benefits of Healthy Lifestyle Choices