



Unit 1 Personal Fitness

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

Unit 2 Nutrition and Health

- The Dietary Guidelines
- Healthy Eating and Exercise Patterns
- Healthy Vending Machine Options (*FMNV)
- Don't Fall for Fast Food

Unit 3 Body Systems

- The Human Body and Its Systems
- Lifestyle Choices and the Effects on Body Systems
- Weight and Health
- Preventive Medicine, Health Literacy, and Community Health Resources

Unit 4 Growth and Development

- The Growth and Development Process
- Feeling and Acting Like a Teenager
- Making the Most of Your Adolescent Years
- Staying Healthy During Adolescence

Unit 5 Avoidance of High Risk Behaviors

- Smoking – A Path to Disease and Death
- Drugs and Alcohol – Use and Abuse
- Guard Your Health
- Pregnancy, HIV/STDs Awareness and Prevention – Abstinence Approach
- Too Young to Be a Parent
- Abstinence – The Healthiest and Most Effective Choice
- Abuse, Exploitation, and Neglect
- Healthy Relationships and Communication

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

- Using Available Health Information
- The Influence of Media and Technology on Health

Unit 7 Environmental Health

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

Unit 8 Safety

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

Unit 9 Social and Mental Health

- The Strength to Be You! (Self-Esteem and Peer Pressure)
- A Healthy Lifestyle: More than Just Physical Benefits