

Health Education Course Outline

UNIT 1: INTRODUCTION TO HEALTH (meets State Health Standards 1-5)

- A. Overview of Health and Wellness
- B. Discussion of the 5 Components of Health
 - 1. Social
 - 2. Physical
 - 3. Mental
 - 4. Emotional
 - 5. Spiritual

UNIT 2: STRESS (meets State Health Standards 1, 3, 4, 5, 6,)

- A. Positive and Negative Effects of Stress
- B. Positive and Negative Coping Techniques

UNIT 3: FITNESS (meets State Health Standards 1, 2, 3, 6, 9)

- A. Components of Fitness
- B. Fitness Testing

UNIT 4: NUTRITION (meets State Health Standards 1, 3, 4, 5, 6, 9)

- A. Six Essential Nutrients
- B. Food Pyramid and Serving Portions
- C. Eating Disorders

UNIT 5: CARDIOVASCULAR DISEASE (meets State Health Standards 1, 2, 3, 4, 6, 9)

- A. Circulatory System Review
- B. Common Cardiac Disease Descriptions
- C. Risk Factors for Heart Disease

UNIT 6: HUMAN SEXUALITY (meets State Health Standards 1, 2, 3, 4, 5, 6, 7, 8, 9)

- A. Male & Female Reproductive Anatomy
- B. Menstrual Cycle
- C. Breast and Testicular Examination
- D. Conception and Childbirth
- E. Contraception
- F. Abortion
- G. Sexually Transmitted Disease
- H. Rape Prevention, Rape, Safety, Violence and Abuse
- I. Lifestyle Acceptance

UNIT 7: DRUGS (meets State Health Standards 1, 3, 5, 9)

- A. Classification
- B. Laws
- C. Effects
- D. Cultural and Historical Perspective