



High School Health

The following learning targets represent the major concepts studied and assessed in this course.

Semester Class:

Unit 1: Introduction to Health and Wellness

- Each dimension of health: physical, emotional, social, and intellectual.
- You can raise your level of health and wellness by acquiring knowledge and skills that can help make healthful choices.
- Having risk factors increases a person's chances of developing a disease or disorder or experience an injury.

Unit 2: Nutrition and Food Choices

- What you eat determines whether or not your body will have the nutrients it needs to stay healthy.
- Maintaining a healthy weight is an important part of wellness.
- A healthy weight for one person may not be a healthy weight for someone else.
- Having a distorted body image can lead some people to develop eating disorders.

Unit 3: Fitness and Personal Health

- What you eat will determine whether your body will have the nutrients it needs to stay healthy.
- Maintaining a healthy weight is an important part of wellness.
- A healthy weight for one person may not be a healthy weight for someone else.
- Having a distorted body image can lead some people to develop eating disorders.

Unit 4: Understanding and Avoiding Hazardous Substances

- Tobacco products contain an addictive substance that makes it difficult for people to quit using tobacco.
- Teenagers who abuse alcohol raise their risk of serious injury or death from accidents, alcohol poisoning, and violence.
- People who abuse drugs-including some over-the-counter medicines-increase their risk of health problems, and death.

Unit 5: Mental and Emotional Health and Wellness

- Your emotional and intellectual health impacts the other dimensions of your health.
- Learning how to recognize and manage your emotions, including your reactions to stress, will help you improve your health and wellness.
- Mental illnesses and disorders are like physical illnesses and disorders-they can be diagnosed and treated, often successfully.

Unit 6/7: Diseases and Disorders/Human Life Cycle

- Diseases and disorders are classified as infectious or non communicable. Infectious diseases are caused by microorganisms and non communicable diseases are not.
- Your body has a number of defenses that protect you from developing diseases and disorders.
- Although you can't prevent yourself from developing all diseases and disorders, you can take steps to lower your risk of getting many of them.
- Sexual reproduction involves the combination of genetic material from a male and a female.
- During pregnancy, a woman needs medical care to ensure the health of the newborn.
- Every stage of the human lifecycle- from infancy to older adulthood- is associated with the physical, emotional, intellectual, and social changes.

Unit 8: CPR/Health Foundations

- Students will be able to utilize hands only CPR in situations when needed.
- Students will be able to diagnose a patient with preventable health risks/diseases.