**Health Curriculum**

**Shamokin Area High School**

The health curriculum is designed around the concept of developing learners to understand the importance of being physically, mentally/emotionally, and socially balanced.

Each aspect of our lives (physical, mental, and social health) is constantly influenced by the decisions we make on a daily basis.

**Course Days of Instruction:** 90 Days

**Time of Instruction Per Class:** 42 minutes

**Number of Students Per Class:** 20-26 on average

**Unit 1: A Healthy Foundation**

***Chapter 1: Understanding Health and Wellness***

* Your Total Health
* What Affects Your Health?
* Health Risks and Your Behavior
* Promoting Health and Wellness

***Chapter 2: Taking Charge of Your Health***

* Building Health Skills
* Making Responsible Decisions and Setting Goals
* Being a Health Literate Consumer
* Managing Consumer Problems

**Standards: 10.1.12.A,10.1.12.E-10.2.12.A,B,C,D,E-10.4.12.B**

**Unit 2: Nutrition and Physical Activity**

***Chapter 10: Nutrition for Health***

* The Importance of Nutrition
* Nutrients
* Healthy Food Guidelines
* Nutrition Labels and Food Safety

***Chapter 11: Managing Weight and Eating Behaviors***

* Maintaining a Healthy Weight
* Body Image and Eating Disorders
* Lifelong Nutrition

***Chapter 12: Physical Activity and Fitness***

* Benefits of Physical Activity
* Improving Your Fitness
* Planning a Personal Activity Program
* Fitness Safety and Avoiding Injuries

**Standards: 10.4.12.A,B,C,D,E,F**

**Unit 3: Drugs**

***Chapter 20: Tobacco***

* The Health Risks of Tobacco Use
* Choosing to Live Tobacco Free
* Promoting a Smoke Free Environment

***Chapter 21: Alcohol***

* The Health Risks of Alcohol Use
* Choosing to Live Alcohol Free
* The Impact of Alcohol Abuse

***Chapter 22: Illegal Drugs***

* The Health Risks of Drug Use
* Marijuana, Inhalants, and Steroids
* Psychoactive Drugs
* Living Drug-Free

**Standards: 10.1.12.D,E-10.2.12.D,E**

**Unit 4: Healthy and Safe Relationships**

***Chapter 6: Skills for Healthy Relationships***

* Foundations of a Healthy Relationship
* Respecting Yourself and Others
* Communicating Effectively

***Chapter 7: Family Relationships***

* Healthy Family Relationships
* Strengthening Family Relationships
* Help for Families

***Chapter 8: Peer Relationships***

* Safe and Healthy Friendships
* Peer Pressure and Refusal Skills
* Practicing Abstinence

***Chapter 9: Resolving Conflicts and Preventing Violence***

* Causes of Conflict
* Resolving Conflicts
* Understanding Violence
* Preventing and Overcoming Abuse

**Standards: 10.1.12.A-10.2.12.B,C,E-10.3.12.A,C**

**Unit 5: Safety and Diseases**

***Chapter 23: Communicable Diseases***

* Understanding Communicable Diseases
* Common Communicable Diseases
* Fighting Communicable Diseases
* Emerging Diseases and Pandemics

***Chapter 24: Sexually Transmitted Diseases and HIV/AIDS***

* Sexually Transmitted Diseases
* Preventing and Treating STD’s
* HIV/AIDS
* Preventing and Treating HIV/AIDS

***Chapter 26: Safety and Injury Prevention***

* Personal Safety and Protection
* Safety at Home and in Your Community
* Outdoor Safety
* Safety on the Road

***Chapter 27: First Aid and Emergencies***

* Providing First Aid
* CPR and First Aid for Shock and Choking
* Responding to Other Common Emergencies
* Emergency Preparedness

**Standards: 10.1.12.A,B,E-10.2.12.A,C,D,E-10.3.12.B-10.4.12.C.**

**Unit 6: Mental and Emotional Health**

***Chapter 3: Achieving Mental and Emotional Health***

* Developing Your Self-Esteem
* Developing Personal Identity and Character
* Expressing Emotions in Healthful Ways

***Chapter 4: Managing Stress and Coping with Loss***

* Understanding Stress
* Managing Stress
* Coping with Loss and Grief

***Chapter 5: Mental and Emotional Problems***

* Dealing with Anxiety and Depression
* Mental Disorders
* Suicide Prevention
* Getting Help

**Standards: 10.1.12.A,B,E-10.2.12.C,D,E-10.4.12.A,B,C,D,E,F**

**Assessments:**

* Chapter Tests
* Chapter Assessments
* Writing Samples
* Hands on Training (CPR, Heimlich Maneuver, Stroke Identification)
* Physical Fitness Testing through Strength Training and Cardiovascular workouts.