



## HIGH SCHOOL COORDINATED HEALTH 9-12 2008- 2009 SCHOOL YEAR

### Unit 1 Personal Fitness

- Steps to Physical Fitness
- Types of Exercise and Training
- Athletics and Injury Prevention
- Fitness and Nutrition

\*Online Curriculum Only

\*New curriculum is published each year!

### Unit 2 Nutrition and Health

- The Dietary Guidelines –MyPyramid.gov
- Nutrition Facts Labels and Achieving Energy Balance
- Making Healthy Choices When Eating Out
- Emotions and Eating

### Unit 3 Body Systems

- The Human Body
- Healthy Choices for Your Body Systems
- A Healthy Weight
- Preventive Medicine, and Community Health Resources
- Pregnancy and Prenatal Care

### Unit 4 Growth and Development

- A Time of Change – The Physical Facts on Puberty
- The Emotional Side of Adolescence
- Be a Teen that Succeeds
- Your Health Matters

### Unit 5 Avoidance of High Risk Behaviors

- The Dangers and Health Effects of Tobacco Use
- Drugs and Alcohol Prevention
- You Only Have One Body – So Take Care of It!
- Pregnancy, HIV/STDs Awareness and Prevention – Abstinence Approach
- Teenagers are not Ready for Parenthood
- You Can Choose Abstinence
- Abuse and Neglect

- Healthy Interpersonal Relationships
- Courtship and Marriage

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

- Health Literacy
- Health and Technology

### **Unit 7 Environmental Health**

- Environmental Health Hazards
- World Health
- Weather Affects Workouts

### **Unit 8 Safety**

- Stay Safe and Avoid Accidents
- Making Your School Environment Safe and Healthy
- The Facts on Teen Driving

### **Unit 9 Social and Mental Health**

- You Can Do It! (Positive Thinking, Self-Esteem, and Peer Pressure)
- Mental Health
- Be a Good Person
- Beyond High School

**\*Home Connection** activities are built into each lesson.