



High School Coordinated Health 9-12 2010-2011 School Year

Unit 1 Personal Fitness

- The Components of Fitness
- Aerobic and Anaerobic Exercises
- Playing Sports
- Eating for Sports and Physical Activity

*Online Curriculum Only

Unit 2 Nutrition and Health

- MyPyramid.gov
- MyPyramid.gov Personalized Plan
- Balance, Variety, and Moderation
- Breaking Bad Food Habits

Unit 3 Body Systems

- The Human Body
- The Body's Major Systems
- The Importance of Diet and Exercise on Body Systems
- Preventive Medicine
- Pregnancy and Prenatal Care

Unit 4 Growth and Development

- Physical Changes During Growth and Development
- Growing Up
- Are You a Responsible Teenager?
- Nutrition and Exercise During Adolescence

Unit 5 Avoidance of High Risk Behaviors

- Tobacco and Your Health
- Alcohol and Drug Prevention
- Supplements and Scams
- You Can Make Healthy Choices! - Pregnancy, HIV/STDs Awareness and Prevention – Abstinence Approach
- Teenage Pregnancy
- Choosing Abstinence
- Abuse, Neglect, and Domestic Violence
- Relationships
- Courtship and Marriage

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

- Accessing and Using Health Information
- Influence of Media and Technology on Health

Unit 7 Environmental and Social Factors Affecting Health

- The Environment and Health
- Environmental Factors Related to Exercise
- World Health

Unit 8 Safety

- Preventing Accidents
- A Safe and Healthy School Environment
- The Facts on Teen Driving

Unit 9 Social and Mental Health

- Self-Esteem and Peer Pressure
- The Benefits of Healthy Lifestyle Choices
- Be a Good Person
- Beyond High School

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