

# Health Curriculum

## **What is Health?**

4 parts of health – physical, mental emotional and social  
How each part affects overall wellness

## **What Influences Health?**

How heredity and environment influence our health.  
How decisions you make can affect your environment and heredity

## **Healthy Attitudes**

Learn how your lifestyle (how you live your daily life) and attitude (why you make certain choices) affects your health  
Preventive healthcare

## **Life Skills**

Learn about and demonstrate the 9 life skills and how they can be used in everyday situations to help us make better decisions about our health

## **Caring for the Body**

Parts of the body covered: skin, hair, nails, teeth, eyes and ears.  
How these parts of the body work, how they help us and how to care for them

## **Healthcare Resources**

Healthcare products and services that are available to the healthcare consumer  
How to choose the product and services that are the best for you

## **Fitness**

Strength, muscular endurance, heart and lung endurance, flexibility and body composition  
Setting fitness goals  
F.I.T. principle – used to achieve goals  
Individual and team sports and lifetime activities  
How to recognize injuries and the steps needed to take care of them. The RICE method  
How to avoid injury - warm up and cool down  
Safety equipment while exercising to prevent accidents or injury

## **Tobacco**

What's in tobacco products?  
Nicotine's immediate effects on the body  
Types of tobacco products – cigarettes, chewing tobacco, pipe, cigars and bidis  
Environmental tobacco smoke

Respiratory diseases, cardiovascular disease, lung cancer and oral cancer caused by tobacco use  
Social and emotional effects of tobacco use  
Addiction, tolerance, dependence and withdrawal  
Peer pressure  
Quitting and nicotine replacement therapy  
Choosing to not use – how to say no and live a tobacco free life

## **Alcohol**

Peer pressure.  
Depressants effects on the body and brain  
Blood alcohol concentration - (BAC) and its impact on the central nervous system.  
Alcohol abuse  
How alcohol changes your ability to make smart choices in regards to social situations and can lead to violence and unwanted pregnancy or sexually transmitted diseases  
Fetal alcohol syndrome  
Driving under the influence – DUI  
Ways to prevent drunk driving  
Alcoholism  
Abstinence from alcohol  
How to say no to alcohol and alternatives to drinking

## **Drugs**

Different ways drugs are taken – orally, injection, smoking and inhaling  
Prescription medicine vs. over the counter  
Drug misuse and drug abuse  
The path to drug addiction  
Dependence and withdrawal  
Consequences of drug abuse: problems with family and friends, school, money, health and the law  
Stimulants and depressants  
Marijuana  
Hallucinogens and inhalants  
Steroids  
Staying drug free

## **Nutrition**

6 Essential nutrients  
What is a diet?  
Food and feelings  
Food guide pyramid and my plate

## **Body Image and Self Esteem**

How the two go together

Influences on body image: family, friends, teachers, coaches and the media.  
How to build a healthy body image.

### **Eating Disorders**

- Unhealthy eating behaviors
- Overexercising
- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating
- How to give and get help
- Healthy weight range and body mass index – BMI
- Healthy energy balance

### **Male Reproductive System**

- Path of a sperm
- Symptoms of reproductive problems
- Problems of the male reproductive system
- Caring for the male body
- Abstinence

### **Female Reproductive System**

- Ovulation and menstruation
- Symptoms of the reproductive problems
- Problems of the female reproductive system
- Caring for the female body
- Abstinence

### **Pregnancy and Birth**

- Fertilization
- Implantation
- Nourishing the fetus through the placenta
- Dangers of alcohol, tobacco and drug use for mother and fetus
- Changes to mother and fetus during the 3 trimesters
- Process of birth
- 3 stages of labor
- Complications of pregnancy

