

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

