

Skills for Health – HS

COURSE DESCRIPTION: This course focuses on important skills and knowledge in nutrition; physical activity; the dangers of substance use and abuse; injury prevention and safety; growth and development; and personal health, environmental conservation, and community health resources. The curriculum is designed around topics and situations that engage student discussion and motivate students to analyze internal and external influences on their health-related decisions. The course helps students build the skills they need to protect, enhance, and promote their own health and the health of others.

PREREQUISITES: None

COURSE LENGTH: One Semester

REQUIRED TEXT: No required textbook for this course.

MATERIALS LIST:

None

NOTE: List subject to change

COURSE OUTLINE:

Unit 1: Building Skills for Health

Students consider three basic questions: What is health? How do your top health concerns compare with the top 10 health issues in the United States today? What are the most important skills you can learn to protect your health for the rest of your life?

- What Is Health?
- Building Skills for Health

Unit 2: Thoughts and Feelings

Students learn and practice new health skills that are critical to mental and emotional health—how to communicate thoughts and feelings to others in a healthy way and how to manage stress. Students find information about the types of mental health problems teens can experience, and how to get help for themselves or a friend.

- Mirror, Mirror on the Wall
- Effective Communication
- Managing Stress

- Support for Mental and Emotional Problems

Unit 3: Nutrition

Students learn all about nutrition, probing the relationship between what you eat and your physical well-being. Weight management and food safety issues are also covered.

- Why Eat Healthfully?
- Think Before You Swallow
- Managing Your Weight
- Food Safety

Unit 4: Physical Activity

Today, more than 35 percent of teens do not participate in regular, vigorous physical activity. Students learn the importance of participating in physical activity and developing lifelong habits.

- Why Is Physical Activity Important?
- What Is Physical Fitness?
- Being Physically Active
- Physically Active, Injury Free, and Quackproof

Unit 5: Alcohol, Tobacco, and Other Drugs

Students learn about alcohol, tobacco, and other drugs, and the health dangers they represent. They also learn how to resist peer pressure.

- Alcohol
- Tobacco
- Other Drugs
- Take a Stand, Make a Difference

Unit 6: Injury Prevention and Safety

Students explore a variety of injuries and their outcomes. They learn prevention techniques, strategies for reducing the risk of being injured, and first-aid skills for emergencies.

- Injuries and Taking Risks
- Be Safe, Think Safe
- Preventing Violence
- Save a Life or a Limb

Unit 7: Social and Sexual Health

This unit sensitively addresses human sexuality. It is intended to be discussed with family members, as the topic is dependent not only on biology but also on a family's values and traditions.

- Relationships
- The Reproductive Systems, Pregnancy, and Birth
- Making Decisions about Sex
- Preventing Pregnancy

Unit 8: Personal, Community, and Environmental Health

Students are introduced to key terms and concepts related to the causes of diseases and disorders. They look at community health issues and resources, and the impact the environment has on health, and what students can do to keep the environment as healthy as possible.

- Causes of Diseases and Disorders
- Your Personal Role in Disease Prevention
- Community Health
- You and the Environment

Unit 9: Skills for Health Overview

Skills for Health Overview

- Review
- Exam