

High School
Health
Scope and Sequence

UNIT I – A HEALTHY FOUNDATION

- CHAPTER 1 – Living a Healthy Life
- CHAPTER 2 – Building Health Skills and Character
- CHAPTER 3 – Becoming a Health-Literate Consumer

UNIT II – PHYSICAL ACTIVITY AND NUTRITION

- CHAPTER 5 – Nutrition and Your Health
- CHAPTER 6 - Managing Weight and Body Composition

UNIT III – ACHIEVING GOOD MENTAL HEALTH

- CHAPTER 7 – Achieving Good Mental Health
- CHAPTER 8 – Managing Stress and Anxiety
- CHAPTER 9 – Mental and Emotional Problems

UNIT IV – PROMOTING SAFE AND HEALTHY RELATIONSHIPS

- CHAPTER 10 – Skills for Healthy Relationships
- CHAPTER 11 – Family Relationships
- CHAPTER 12 – Peer Relationships
- CHAPTER 13 - Violence Prevention

UNIT V – PERSONAL CARE AND BODY SYSTEMS

- CHAPTER 18 – Endocrine and Reproductive Systems

UNIT VI – GROWTH AND DEVELOPMENT

- CHAPTER 19 – Prenatal Development and Birth
- CHAPTER 20 – Adolescence and the Life Cycle

UNIT VII – TOBACCO, ALCOHOL, AND OTHER DRUGS

- CHAPTER 21 - Tobacco
- CHAPTER 22 – Alcohol
- CHAPTER 23 – Medicines and Drugs

UNIT VIII – DISEASES AND DISORDERS

- CHAPTER 24 – Communicable Diseases
- CHAPTER 25 – Sexually Transmitted Infections and HIV/AIDS
- CHAPTER 26 – Noncommunicable Diseases and Disabilities

EXTRA

UNIT IX – INJURY PREVENTION AND ENVIRONMENTAL HEALTH

- CHAPTER 28 – First Aid and Emergencies