**High School Health Curriculum**

Course Outline: Below is an outline of Units and Chapters that we will be covering in Health this semester. The below list is subject to change at any time during the semester.

**Unit 1: A Healthy Foundation**

Chapter 1: Living A Healthy Life

Lessons 1, 2, and 3

Chapter 2: Building Health Skills and Character

Lessons 1, 2, and 3

**Unit 2: Physical Activity and Nutrition**

Chapter 4: Physical Activity for Life

Lessons 1, 2, 3, 4, and 5

Chapter 5: Nutrition and Your Health

Lessons 1, 2, 3, and 4

Chapter 6: Managing Weight and Body Composition

Lessons 1, 2, and 3

**Unit 3: Mental and Emotional Health**

Chapter 7: Achieving Good Mental Health

Lessons 1, 2, 3, and 4

Chapter 8: Managing Stress and Anxiety

Lessons 1, 2, 3, and 4

**Unit 5: Personal Care and Body Systems**

Chapter 14: Personal Care and Healthy Behaviors

Lessons 1, 2, 3, and 4

Chapter 15: Skeletal, Muscular, and Nervous Systems

Lessons 1, 2, 3, 4, and 5

Chapter 16: Cardiovascular and Respiratory Systems

Lessons 1, 2, 3, and 4

Chapter 17: Digestive and Urinary Systems

Lessons 1, 2, and 3

Chapter 18: Endocrine and Reproductive Systems

Lessons 1, 2, and 3

**Unit 7: Tobacco, Alcohol, and Other Drugs**

Chapter 21: Tobacco

Lessons 1, 2, and 3

Chapter 22: Alcohol

Lessons 1, 2, and 3

Chapter 23: Medicines and Drugs

Lessons 1, 2, 3, 4, and 5