



# monarch

2018 - 2019 Curriculum Catalog

High School Health

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## High School Health Course Overview

High School Health is a health science elective course that introduces students to what good health is, why good health is important, and what students should do in order to achieve good health.

Upon completion of the course, students should be able to do the following:

- Demonstrate an awareness of health as it applies to their own bodies, minds, and emotions.
- Demonstrate an awareness of health as it applies to their living environments.
- Identify the components of a healthy lifestyle and set reasonable goals to achieve a lifestyle of wellness.
- Understand that incorporating sound health practices creates a lifestyle of moderation and wellness.
- Understand the responsibility of properly stewarding the bodies God has given them as directed in the Bible.
- Describe health as it applies to broader society, the world, and their own responsibility to stimulate good health around them.

Unit 1: Body Essentials	
Assignments	
High School Health	1. Course Overview
	2. The Head and Crown of Creation
	3. Anatomy and Physiology
	4. Quiz 1: Building Blocks of the Body
	5. Nervous System and Circulatory System
	6. Activity: Your Adaptive Heart
	7. Respiratory, Skeletal, and Muscular System
	8. Digestive, Excretory, Endocrine, and Integumentary System
	9. Immune, Lymphatic, and Reproductive System
	10. Quiz 2: Body Systems
11. Growth and Development	
12. Activity: Fetal Development	
13. Childhood Development	
14. Adolescence	
15. Adulthood	
16. Activity: Interviewing an Older Person	
17. Quiz 3: Stages of Development	
18. Special Project	
19. Test	
20. Alternate Test	
21. Reference	

Unit 2: Physical Health	
Assignments	
High School Health	1. Benefits of Proper Nutrition
	2. Carbohydrates
	3. Vitamins
	4. Activity: Your Favorite Foods
	5. Quiz 1: Essentials of Nutrition
	6. Developing Proper Eating Habits
	7. Dairy Group and Protein Group
	8. Activity: Got Calcium?*
	9. Food, God's Tasty Gift
	10. Healthy Eating Habits
	11. Quiz 2: Eating the Right Foods
12. Exercise and Physical Fitness	
13. Activity: Heart Rate	
14. Muscular Endurance and Strength	
15. Exercise Program	
16. Activity: How Fit Are You?*	
17. Quiz 3: Exercise and Physical Fitness	
18. Special Project*	
19. Test	
20. Alternate Test*	
21. Reference	

Unit 3: Social and Mental Health		
Assignments		
High School Health	1. Aspects of Health	10. Personal Hygiene
	2. Love	11. Teeth, Mouth, Eyes, and Ears
	3. Activity: Examine Yourself	12. Activity: Hygiene Habits
	4. Mental and Emotional Health	13. Quiz 3: Personal Hygiene
	5. Quiz 1: Mental, Social, and Emotional Health	14. Special Project*
	6. Social Health	15. Test
	7. Friends	16. Alternate Test*
	8. Speaking in Love	17. Reference
	9. Quiz 2: Social Interaction	

Unit 4: Preventative Health Care and First Aid		
Assignments		
High School Health	1. Safety	13. First Aid
	2. Home Safety	14. Activity: First Aid Kit
	3. Home Safety II	15. Evaluating the Scene
	4. Home Safety III	16. Wounds and Bleeding
	5. Activity: Home Safety	17. Burns and Other Emergencies
	6. Quiz 1: Home Safety	18. Activity: Making a Splint
	7. Safety Guidelines	19. Hypothermia and Frostbite
	8. Personal Safety	20. Quiz 3: First Aid
	9. Activity: Moving Violations	21. Special Project*
	10. Water Safety	22. Test
	11. Weather Safety	23. Alternate Test*
	12. Quiz 2: Personal Safety and the Environment	24. Reference

Unit 5: Responsible Living		
Assignments		
High School Health	1. Disease and Prevention	13. Tobacco
	2. Childhood Immunizations	14. Activity: Smoking, A Wise Choice?
	3. Activity: Your Shots	15. Quiz 2: Substance Abuse
	4. Non-Infectious Diseases	16. Health and the Environment
	5. Activity: Major Diseases	17. Activity: Mother Earth
	6. Health Care	18. Water Essentials
	7. Activity: Visit the Sick	19. Sexually Transmitted Diseases
	8. Quiz 1: Diseases and Health Care	20. Quiz 3: Health, Pollution, and the Environment
	9. Drug Use and Abuse	21. Special Project*
	10. Drug Use and Abuse 2	22. Test
	11. Alcohol	23. Alternate Test*
	12. Activity: Interview on Alcohol Use	24. Reference

(\*) Indicates alternative assignment