



Switched-On
SCHOOLHOUSE

Course Catalog

High School Health

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

UNIT 4: PREVENTATIVE HEALTH CARE AND FIRST AID	
HIGH SCHOOL HEALTH	Assignment Titles
	1. Safety
	2. Home Safety
	3. Home Safety II
	4. Home Safety III
	5. Activity: Home Safety
	6. Quiz 1: Home Safety
	7. Safety Guidelines
	8. Personal Safety
	9. Activity: Moving Violations
	10. Water Safety
	11. Weather Safety
	12. Quiz 2: Personal Safety and the Environment
	13. First Aid
	14. Activity: First Aid Kit
	15. Evaluating the Scene
	16. Wounds and Bleeding
	17. Burns and Other Emergencies
	18. Activity: Making a Splint
	19. Hypothermia and Frostbite
	20. Quiz 3: First Aid
	21. Special Project*
	22. Test
	23. Alternate Test*
24. Reference	

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

(*) Indicates alternate assignment