

CURRICULUM MAP

Subject: Health- Semester course

Grade Level: 9-12

rev 11/07

FIRST QUARTER	SECOND QUARTER
<p>LIVING A HEALTHY LIFE</p> <ul style="list-style-type: none">- 10 Lifestyle Factors- Survey Project- Communication- Goal Setting and Planning (standards 1,2,3) <p>PHYSICAL ACTIVITY FOR LIFE</p> <ul style="list-style-type: none">- Components of Physical Fitness- Principles of Overload- Training Program- Injury Prevention (standards 1,2) <p>NUTRITION</p> <ul style="list-style-type: none">- Nutrients- USDA Pyramid- Reading Food Labels- 3 Day Diet Analysis- Food Safety (standards 1,2) <p>MANAGING WEIGHT</p> <ul style="list-style-type: none">- Maintaining a Healthy Weight- Fad Diets and Eating Disorders- Nutrition for Individual Needs (standards 1,2) <p>MENTAL HEALTH</p> <ul style="list-style-type: none">- Your Mental and Emotional Health – Understanding Emotions- Developing a Positive Identity- Managing Emotions- Stress and Anxiety- Mood Maps (standard 1)	<p>PARENTING</p> <ul style="list-style-type: none">- Roles and Responsibilities- Readiness- Growth and Development- Parenting Styles (standards 1, 2,3) <p>HIV/AIDS</p> <ul style="list-style-type: none">- Nature and Transmission- STD'S- Prevention- Abstinence (standards 1,2,3) <p>TOBACCO</p> <ul style="list-style-type: none">- Effects- Living Tobacco Free- Promoting a Smoke Free Environment (standard 1,2,3) <p>ALCOHOL</p> <ul style="list-style-type: none">- Choosing to be Alcohol Free- Harmful Effects of Alcohol Use- Alcohol, The Individual and Society (standards1,2,3) <p>MEDICINE AND DRUGS</p> <ul style="list-style-type: none">- Role of Medicines- Drug Use- Marijuana, Inhalants and Steroids- Psychoactive Drugs- Living Drug Free (standards 1,2, 3) <p>TOBACCO, ALCOHOL, DRUG PROJECT</p>