

Options EHS Foundations of Personal Wellness B		Scope and Sequence
Unit	Lesson	Objectives
Health Maintenance and Nutrition		
The Digestive and Urinary Systems		
		Describe the functions and structures of the digestive system
		Describe the functions and structures of the urinary system
		Describe proper care of the digestive and urinary systems to avoid disease and problems that can occur in the urinary and digestive systems
Healthy Body Composition		
		Define body composition and describe the importance of body fat
		Describe genetic, physiological, and lifestyle factors that influence body composition
		Identify health-related problems associated with abnormal percentages of body fat
Determining and Controlling Body Composition		
		Describe methods for determining body composition, including Body Mass Index
		Apply the exercise principles to controlling body composition
		Analyze additional strategies for achieving or maintaining a healthy body composition
Diets		
		Differentiate between multiple meanings of diet
		Identify additional harmful diets and weight-loss strategies and their effects on the body
		Describe common dietary restrictions and trends
Body Image and Eating Disorders		
		Discuss the relationship between body image and eating disorders, including the influence of the media on body image
		List the symptoms and health dangers of the most common eating disorders

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		Develop a methodology for improving body image
	Food and Health	
		Analyze the relationship between nutrition, health, and wellness
		Describe the functions of the six basic nutrients in maintaining health
		Recall common nutrition terminology
	Nutritional Needs	
		Assess nutritional needs based on dietary guidelines and the Food Guide Pyramid
		Formulate healthy meal plans and snacks as part of a balanced diet
		Describe how nutritional needs change throughout the lifespan
	Unit Test	
Adolescent Development, Infections, and Diseases		
	The Endocrine and Reproductive Systems	
		Describe the functions and structures of the endocrine system
		Identify the names and functions of the parts of the female reproductive system
		Identify the names and functions of the parts of the male reproductive system
	Adolescence	
		Compare the physical changes that occur in boys and girls during adolescence
		Describe the mental and emotional changes that occur during adolescence
		Describe social changes experienced during adolescence
	Pregnancy	
		Summarize how human life begins from conception through the stages of development

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		Explain the importance of proper prenatal care and nutrition during pregnancy
		Describe the stages of labor
	Abstinence and Contraceptives	
		Evaluate commonly used contraceptive methods, including abstinence, for effectiveness in preventing pregnancy
		List the advantages of abstinence, including social and emotional benefits
		Discuss refusal skills and avoidance techniques for avoiding sexual activity
	Risks of Sexually Transmitted Infections	
		Describe the prevalence of sexually transmitted infections and identify why teenagers are particularly at risk for being infected
		Describe how STIs are spread from one person to another and how to prevent the spread of STIs
		Examine the responsibilities of people who think they may be infected with an STI
	Common Sexually Transmitted Infections	
		Describe the transmission, symptoms, and treatment for common STIs
		List examples of ways in which STIs can damage a person's health, including the effects on a fetus
		Examine public health policies and practices regarding the prevention and treatment of STIs
	Defining Communicable Diseases	
		Identify the types of pathogens that cause communicable diseases
		Describe ways in which communicable diseases are spread
		Name common treatments for communicable diseases
	Preventing Communicable Diseases	
		Examine the ways the body protects itself against invading pathogens

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		List ways to care for the immune system and prevent the spread of diseases
		Identify community resources available to help treat and prevent the spread of communicable diseases
	Common Communicable Diseases	
		Explain the causes, transmission, and treatment of common bacterial and viral diseases
		Explain the causes, transmission, and treatment of common fungal, protozoan, and parasitic diseases
		Determine how medical technology has affected the health status of the world
	Cancer	
		Describe the causes and types of cancer
		Explain methods for treating cancer and recognize the importance of early detection
		Identify behaviors that put an individual at risk for developing cancer
	Disabilities	
		Define disability and describe mental and physical disabilities
		Examine the challenges individuals with disabilities face
		Describe laws and policies designed to accommodate individuals with disabilities
	Unit Test	
Mental Health, Stress, and Relationships		
	Evaluating Mental and Emotional Health	
		Identify characteristics of good mental and emotional health
		Describe how mental and emotional health fit into the stages of Maslow's hierarchy of needs
		Explain how personality influences a person's overall mental and emotional health
	Mental Health Disorders	

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		Name various types of mental health disorders
		Summarize the causes of mental health disorders
		Identify types of treatment and resources available for mental health disorders
	Anxiety, Depression, and Suicide	
		Identify strategies for coping with the symptoms of anxiety
		Identify strategies for coping with the symptoms of depression
		List the warning signs of suicide and determine strategies for preventing suicide
	Stress and Health	
		Explain common sources of stress
		Describe how people react to stress physically, emotionally, and behaviorally
		Recognize the relationship between stress and disease
	Coping with Stress	
		Develop healthy behaviors that help reduce stress
		Describe positive and negative strategies for coping with stress
	Healthy Friendships	
		Recognize different types of peer relationships and their effects on health
		List strategies for forming, building and strengthening healthy friendships
		Discuss resolutions for common difficulties that affect friendships
	Family Relationships	
		Describe the importance of families and strategies for having health family relationships
		Examine how changes and challenges in the family impact health and wellness
		Develop strategies for preventing, avoiding, and treating abuse and violence within the family

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	Responding to Violence and Abuse	<p>Identify strategies for remaining safe at home and in the community</p> <p>Identify the causes and influences of various types of violence</p> <p>Describe how sources of conflict, violence, and abuse can be minimized</p>
	Unit Test	
Tobacco, Alcohol, and Drugs		
	Using Tobacco	<p>Describe the harmful substances in tobacco and tobacco smoke</p> <p>Identify factors that contribute to tobacco use</p> <p>Summarize the effects of tobacco use on family, finances and society</p>
	Dangers of Tobacco	<p>Summarize the short-term and long-term health risks associated with tobacco use</p> <p>Describe the harmful effects of secondhand smoke, and the effects of tobacco on fetuses, infants and young children</p> <p>Examine laws, policies, and practices that help prevent tobacco-related disease</p>
	Using Alcohol	<p>Define alcohol and identify serving size and legal amounts</p> <p>Identify factors that influence decisions about alcohol use</p> <p>Examine the negative consequences of alcohol use</p>
	Alcohol and the Body	<p>Describe the short-term and long-term effects of alcohol use on the body</p> <p>Describe the harmful effects of alcohol on a developing fetus</p>

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		Describe alcoholism and its harmful affects on families and society
	Drugs as Medicine	Describe the role of medicine in health promotion, disease prevention, and possible complications that may arise from taking them
		Differentiate between prescription and over-the-counter medicines
		List laws, policies, and practices that relate to the safe use of medicine
	Illegal Drugs	Differentiate between legal and illegal drugs
		Describe why and how illegal drugs are abused
		Identify commonly abused illegal drugs and their effects
	Drug Use Risks	Describe drug abuse and examine the health risks and consequences involved in using drugs
		Describe how drug abuse affects the decision making process
		Identify the ways that drug use and abuse negatively affect families, friends, communities, and society
Cumulative Exam		
	Cumulative Exam Review	
	Cumulative Exam	