

James B. Conant High School

Health Education Curriculum

- Unit I: Introduction to Health and Wellness**
- *Healthy Lifestyles and Quality of Life
 - *Goal Setting and Achievement
 - *Problem Solving and Decision Making
- Unit II: Mental and Emotional Health Behaviors**
- *Stress, Eustres, Distress
 - *Stress Management and Coping Skills
 - *Child Abuse, and Sexual Misconduct
- Unit III: Death and Dying Issues**
- *Leading Causes of Death
 - *Wakes and Funerals
 - *Suicide Warning Signs and Prevention
- Unit IV: CPR and Emergency Cardiac First Aid**
- *American Heart Association CPR Training
 - *Heartsaver, Heartsaver AED, Healthcare Provider
- Unit V: Drugs and Medicines**
- *Effects of Drugs and Medicines
 - *Legal Intoxication, Zero Tolerance, DUI Laws
 - *Recovery Programs, and Rehabilitation
- Unit VI: Human Growth and Development**
- *Stages of Life and Human Development
 - *Conception, Pregnancy, Child Birth
 - *Abstinence and Sexual Responsibility
- Unit VII: Diseases and Disorders**
- *Infectious Disease Process
 - *AIDS and Sexually Transmitted Diseases
 - *Cancers and Heart Disease
- Unit VIII: Nutrition and Fitness**
- *Eating Right Pyramid and Food Groups
 - *Lifestyle Fitness and Exercise Programs
 - *Fad Diets and Eating Disorders

