

Options EHS Health A 2020	Scope and Sequence
Unit Lesson	Objectives
<b>Sports and Health</b>	
Team Sports	List common characteristics of team sports, including offense, defense, and officials
	Describe how participating in team sports benefits the dimensions of health
	Identify team sports that achieve health-related fitness goals in both school and outside of school
Treatment for Common Sports Injuries	
	Describe strategies for determining the severity of a sports injury
	Examine response strategies for injuries requiring basic first aid attention
	Assess physical activity injuries that require professional health or rehabilitation services
<b>Alcohol, Tobacco, and other Drugs</b>	
Alcohol Use and Its Dangers	
	Describe the effects of alcohol use on the human body.
	Analyze internal and external pressures to use alcohol.
	Explain the legal and social consequences of alcohol use.
	Explain when services are required for alcohol-related health issues.
Nicotine, Tobacco, and their Dangers	
	Explain the impacts of nicotine and tobacco on the human body.
	Analyze the internal and external pressures to use nicotine and tobacco.
	Explain the legal and social consequences associated with nicotine and tobacco use.
Prescription, Nonprescription, and Illegal Drugs	
	Identify the different types of illegal and legal drugs.

**Unit Lesson****Objectives**

Describe the impact of drugs on the human body.

Explain the social and legal implications of using drugs.

Analyze the internal and external pressure to use drugs.

## A Substance-Free Lifestyle

Explain health benefits of abstaining from or discontinuing use of alcohol, tobacco, and other drugs.

Identify strategies for preventing use of tobacco, alcohol, and other addictive substances.

Identify healthy alternatives to alcohol, tobacco, and other drug use.

Identify treatment options for those suffering from alcoholism nicotine dependency, and drug addiction.

## Unit Test

**Nutrition and Physical Activity**

## Guidelines for Healthy Eating

Describe the characteristics of a nutritionally balanced diet.

Describe how nutritional needs change over time.

Identify health-related social concerns related to unhealthy eating.

Distinguish between facts and myths about nutrition.

## Nutrition and Health

Explain how nutrition impacts health.

Explain how diet can be used to prevent and treat chronic disease.

Describe steps individuals can take to improve their diet.

Use evidence from current scientific research to analyze the accuracy of health claims.

## Nutrition and Physical Fitness in Your Community

**Unit Lesson****Objectives**

Describe ways that communities promote good nutrition and physical fitness.

Explain how individuals can advocate for good nutrition and physical fitness.

## Choosing and Preparing Healthy Foods

Describe how to use a decision-making process to select healthy food and beverages.

Explain proper food purchasing, preparation, and storage procedures.

Use nutrition information on food labels to compare and select products.

## Maintaining a Healthy Body Composition and Body Image

Describe why maintaining a healthy weight and body composition is important.

Explain strategies an individual could use to maintain a healthy weight and body composition.

Describe the causes, symptoms, and harmful effects of eating disorders.

Analyze how the media influences perceptions about body image and attractiveness.

## Physical Fitness and Health

Explain how physical activity contributes to overall health.

Describe barriers to maintaining good physical health.

Describe the risks and negative effects of performance-enhancing drugs.

Explain the characteristics of a safe physical fitness plan.

## Unit Test

**Growth, Development, and Sexual Health**

## Puberty, Gender Identity, and Sexual Orientation

Explain the role of the endocrine system in adolescent development.

Describe factors that influence sexual development, relationships, and behaviors.

Identify individual differences in gender identity.

Options EHS Health A 2020		Scope and Sequence
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	Abstinence, Safe Sex, and Making Informed Decisions	<p>Identify individual differences in sexual orientation.</p> <p>Describe the benefits of abstinence.</p> <p>Compare and contrast a variety of FDA-approved contraceptives.</p> <p>Identify factors that influence one's perceptions about sexual activity.</p> <p>Identify ways to maintain sexual or reproductive health.</p>
	Conception, Pregnancy, and Birth	<p>Explain how conception occurs and the stages of pregnancy.</p> <p>Describe practices that are important for the health of a pregnant woman and her fetus.</p> <p>Evaluate the physical, social, emotional, legal, and economic effects of teen pregnancy and parenting.</p>
	Sexually Transmitted Infections, HIV, and AIDS	<p>Identify the effects of sexually transmitted infections.</p> <p>Identify methods to avoid or reduce the risk of a sexually transmitted infection.</p> <p>Describe medical care for sexually transmitted infections.</p> <p>Analyze reliable sources of information regarding sexual health.</p>
	Unit Test	
<b>Mental and Emotional Health</b>		
	The Importance of Mental and Emotional Health	<p>Describe characteristics of good mental and emotional health.</p> <p>Describe how social environments and relationships affect mental and emotional health.</p> <p>Identify lifestyle practices that contribute to positive mental and emotional health.</p>
	Mental and Emotional Problems	

**Unit Lesson****Objectives**

Describe signs of common mental health conditions.

Identify factors that can influence mental health.

Describe strategies for coping with mental health problems.

Explain when it is appropriate to seek help with a mental health disorder.

## Stress and Stress Management

Identify signs, symptoms, and sources of stress.

Describe the relationship between stress and physical and social health.

Describe strategies for coping with stress.

## Grief, Loss, Depression, and Suicide

Identify the warning signs and risk factors for depression and suicide.

Explain how grief and loss may affect physical and social health.

Describe strategies for coping with loss, depression, and suicidal thoughts.

## Bullying

Describe the effects of bullying and harassment on individuals and the community.

Explain factors that influence bullying and harassment.

Describe strategies for avoiding or dealing with bullying and harassment.

## Seeking Help in Your Community

Identify school and community mental health resources.

Identify the benefits of professional mental health resources.

Identify when it is necessary to seek professional mental health services.

## Unit Test

**Cumulative Exam**

**Unit Lesson**

**Objectives**

Cumulative Exam Review

Cumulative Exam