

Options EHS Health B 2020		Scope and Sequence
Unit	Lesson	Objectives
Mental Health and Wellness		
	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>
	Health and Wellness	<p>Describe the six dimensions of health</p> <p>Differentiate between health and wellness</p> <p>Analyze how influences such as heredity, environment, and culture impact health</p>
	Theories of Emotion	<p>Define emotion and describe the components of emotion</p> <p>Identify fundamental emotions individuals experience</p> <p>Explain various theories of emotion</p>
	Evaluating Mental and Emotional Health	<p>Identify characteristics of good mental and emotional health</p> <p>Describe how mental and emotional health fit into the stages of Maslow's hierarchy of needs</p> <p>Explain how personality influences a person's overall mental and emotional health</p>
	Mental and Emotional Problems	<p>Describe signs of common mental health conditions.</p> <p>Identify factors that can influence mental health.</p> <p>Describe strategies for coping with mental health problems.</p>

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		Explain when it is appropriate to seek help with a mental health disorder.
	Mental Health Disorders	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
	Fitness and Wellness Careers	Identify a variety of fitness and wellness career opportunities
		Discuss the educational requirements for varying careers in the fitness and wellness industry
		List the pros and cons of working in the fitness and wellness industry
	Test	
Building Healthy Relationships		
	Skills for Healthy Relationships	Identify character traits that promote healthy relationships.
		Describe strategies for communicating in healthy ways.
		Explain the role of empathy in building and maintaining healthy relationships.
	Healthy Family Relationships	Explain how family relationships affect well-being.
		Identify common causes of conflict between family members.
		Describe the characteristics of healthy family relationships.
	Understanding Relationships with Peers	Describe the characteristics of healthy peer relationships.
		Explain how peer relationships affect well-being.

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		Describe the positive and negative effects of social networking on peer relationships.
		Identify common causes of conflict between peers.
	Healthy Relationships: Dating and Marriage	
		Explain the characteristics of a healthy romantic relationship.
		Describe how to communicate effectively with a romantic partner.
		Describe the effects of being in an unhealthy romantic relationship.
		Describe strategies to prevent and respond to incidents of domestic violence.
	Parenting	
		Explain the responsibilities of parenting.
		Describe the benefits of waiting to become a parent until adulthood.
		Describe the positive and negative effects of parenting choices on a child.
	Unit Test	
Personal and Community Health		
	Communicable Diseases	
		Identify the causes, symptoms, and risk factors related to communicable diseases.
		Identify laws, policies, and regulations that promote health and prevent disease.
		Identify strategies to detect, treat, and prevent communicable diseases.
		Describe the impact of global health issues on local communities.
	Non-communicable Diseases	
		Identify the causes and symptoms of non-communicable diseases.
		Identify factors that influence non-communicable diseases.
		Identify strategies for prevention, detection, and treatment of non-communicable diseases.

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	Preventative Medical and Dental Care	<p>Identify the importance of regular medical and dental checkups, vaccinations, and examinations.</p> <p>Evaluate symptoms that may indicate the need for a medical or dental examination.</p> <p>Examine the role of communication in enhancing health.</p>
	Personal Hygiene and Health	<p>Identify good personal hygiene practices.</p> <p>Explain how adequate amounts of sleep relate to overall health.</p> <p>Describe the possible consequences of health behaviors and fads.</p> <p>Describe the role of media and social influences on personal healthcare choices.</p>
	Environmental Health and Safety	<p>Identify global environmental concerns and how they affect personal health.</p> <p>Explain the dangers of sun exposure and how to protect oneself from them.</p> <p>Identify public policies, programs, and regulations that promote health and prevent disease.</p> <p>Identify strategies to improve societal and environmental conditions that contribute to health.</p>
	Making Informed Healthcare Decisions	<p>Explain the importance of making informed healthcare decisions</p> <p>Identify ways to be a responsible consumer of health products and services.</p> <p>Identify strategies to evaluate information related to health products and services.</p>
	Health Care in the Community	<p>Identify school and community health services.</p> <p>Identify how to locate health-related services in a community.</p> <p>Describe ways to support community health and wellness.</p>

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	Injury Prevention and Safety	
	Safety and Injury Prevention	
		Describe ways to reduce the risk of injury at home, at school, and in social situations.
		Explain how to respond responsibly when an injury occurs.
		Explain the long-term consequences of serious injuries.
		Describe actions taken by businesses and government to prevent injury.
	First Aid	
		Identify the necessary steps to perform CPR on adults, children, and infants.
		Explain how to use an AED.
		Explain how to respond when someone is choking.
		Describe basic first-aid skills used to respond to an emergency.
	Safe Driving Habits	
		Describe rules and laws intended to prevent injuries while traveling in a motor vehicle.
		Analyze the risks and responsibilities associated with teen driving.
		Explain outside influences on driving behavior.
	Conflict Resolution and Decision-Making Skills	
		Explain healthy communication and conflict resolution skills.
		Describe how to apply a thoughtful decision-making process to a dangerous, risky, or emotionally charged situation.
		Explain how to effectively respond to peer pressure.
		Identify options that exist when communication fails or breaks down.

Unit Lesson

Objectives

Unit Test

Cumulative Exam

Cumulative Exam Review

Cumulative Exam