

Options EHS Health B		Scope and Sequence
Unit	Lesson	Objectives
Mental Health and Wellness		
Health and Wellness		
		Describe the six dimensions of health
		Differentiate between health and wellness
		Analyze how influences such as heredity, environment, and culture impact health
Theories of Emotion		
		Define emotion and describe the components of emotion
		Identify fundamental emotions individuals experience
		Explain various theories of emotion
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		
		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		

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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.
		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.

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		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.
	Preventative Medical and Dental Care	
		Identify the importance of regular medical and dental checkups, vaccinations, and examinations.
		Evaluate symptoms that may indicate the need for a medical or dental examination.
		Examine the role of communication in enhancing health.
	Personal Hygiene and Health	
		Identify good personal hygiene practices.
		Explain how adequate amounts of sleep relate to overall health.
		Describe the possible consequences of health behaviors and fads.
		Describe the role of media and social influences on personal healthcare choices.
	Environmental Health and Safety	

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		Identify global environmental concerns and how they affect personal health.
		Explain the dangers of sun exposure and how to protect oneself from them.
		Identify public policies, programs, and regulations that promote health and prevent disease.
		Identify strategies to improve societal and environmental conditions that contribute to health.
	Making Informed Healthcare Decisions	
		Explain the importance of making informed healthcare decisions
		Identify ways to be a responsible consumer of health products and services.
		Identify strategies to evaluate information related to health products and services.
	Health Care in the Community	
		Identify school and community health services.
		Identify how to locate health-related services in a community.
		Describe ways to support community health and wellness.
	Unit Test	
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.

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		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.
	Disaster Preparedness	
		Identify ways to stay safe during natural disasters and emergency situations.
		Analyze community resources for disaster preparedness.
		Identify key components of an emergency response or disaster preparedness plan.
	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.
	Gang Violence	
		Describe the characteristics of gangs and factors that affect gang involvement.
		Explain why it is risky and dangerous to belong to a gang.
		Identify the effects of gang violence on individuals, families, and communities.
		Describe ways to avoid dangerous situations related to gangs.
	Sexual Harassment and Sexual Assault	

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		Define sexual assault and sexual harassment.
		Explain the effects of sexual assault, sexual harassment, and molestation.
		Identify resources that provide information, counseling, testing, and other information related to sexual violence and harassment.
	Unit Test	
Cumulative Exam		
	Cumulative Exam Review	
	Cumulative Exam	