

Course Content – Elective (ELV)

Health

Content: **(Health) Glencoe McGraw-Hill (A Guide to Wellness)**

Unit 1 – You and Your Health

Chapter 1 – Your Health and Wellness

Chapter 2 – Making Healthful Choices

Unit 2 – Physical Fitness and Nutrition

Chapter 3 – Physical Fitness and Your Health

Chapter 4 – Physical Activity for Life

Chapter 5 – Nutrition and Your Health

Chapter 6 – Food and Your Health

Chapter 7 – Personal Health

Unit 3 – Mental and Emotional Health

Chapter 8 – Your Mental and Emotional Health

Chapter 9 – Managing Stress in Your Life

Chapter 10 – Mental and Emotional Problems

Unit 4 – Family and Social Health

Chapter 11 – Building Healthy Relationships

Chapter 12 – Healthy Family Relationships

Chapter 13 – Peer Relationships

Chapter 14 – Resolving Conflicts and Preventing Violence

Unit 5 – Body Systems

Chapter 15 – Integumentary, Skelton, and Muscular Systems

Chapter 16 – Your Nervous and Endocrine Systems

Chapter 17 – Your Circulatory and Respiratory Systems

Chapter 18 – Your Digestive and Urinary Systems

Chapter 19 – Your Body’s Reproductive System

Unit 6 – Growth and Development

Chapter 20 – The Beginning of the Life Cycle

Chapter 21 – Adolescence – A Time of Change

Chapter 22 – The Life Cycle Continues

Unit 7 – Medicines and Drugs

Chapter 23 – Understanding Medicines

Chapter 24 – Tobacco

Chapter 25 – Alcohol

Chapter 26 – Illegal Drugs

Chapter 27 – Recovering from Addiction and Codependency

Unit 8 – Diseases and Disorders

Chapter 28 – Infectious Diseases

Chapter 29 – Sexually Transmitted Diseases

Chapter 30 – HIV and AIDS

Chapter 31 – Noninfectious Diseases and Disabilities

Unit 9 – Consumer and Environmental Health

Chapter 32 – Consumer Choices and Public Health

Chapter 33 – The Health of the Environment

Unit 10 – Injury Prevention and Safety

Chapter 34 – Your Safety and Well-Being

Chapter 35 – Providing First Aid and Handling Emergencies

