

Plano ISD High School Health

Course Outline

❖ Unit One - What is Health?

- A. Controllable/Uncontrollable Risk Factors
- B. Leading Causes of Death
- C. Six Components of Health
- D. Goals/Making Good Decisions
- E. Communication
- F. Stress and How to Deal with it
- G. Mental Health
 - 1. Types of
 - 2. Causes of
 - 3. Suicide

❖ Unit Two - Nutrition and Fitness

- A. Benefits of being active
- B. Common injuries and how to treat them
- C. Food Labeling
- D. Problems with being overweight
- E. Eating Disorders
- F. Nutrition
 - 1. Definitions
 - 2. Six types of nutrients

❖ Unit Three - CPR/First Aid

- A. How to perform CPR on an adult, child, and infant victim
- B. How to help someone who is choking
- C. Knowledge of how to use an AED
- D. Basic first aid information

❖ Unit Four - Diseases and Disorders

- A. Causes of Infectious Diseases/Types of Pathogens
- B. How infectious diseases are spread
- C. How we fight infectious diseases
- D. Controllable and Uncontrollable risk factors
- E. Disorders and Disabilities
- F. Lifestyle (non-infectious diseases)
 - 1. Heart Disease
 - 2. Cancer
 - 3. Diabetes

❖ **Unit Five - Alcohol, Drugs, and Tobacco**

- A. Effects of Alcohol
- B. Alcohol Laws
- C. Effects of all tobacco products
- D. Effects of Illegal Drugs and the Most Abused Drugs by Teens

❖ **Unit Six - Distracted Driving**

- A. Causes of most teenage motor vehicle accidents
- B. Ways to prevent distracted driving

❖ **Unit Seven - Adolescence to Adulthood**

- A. Examine all the different stages of life.
- B. Learn to make a budget

❖ **Unit Eight - P.A.P.A. (Parenting and Paternity Awareness)**

- A. Effects of being a teenage parent
- B. Statistics
- C. Legal definitions about being a legal father
- D. Healthy dating Characteristics, Healthy Marriage Characteristics, Healthy Family Characteristics

❖ **Unit Nine - Dating Violence/Violence**

- A. Definitions and effects of Violence, Abuse, and Domestic Violence
- B. Definition and effect of Sexual Harassment
- C. Definition of Sexual Assault and Rape
- D. Effects of violence on Children

❖ **Unit Ten - Human Sexuality**

- A. The importance of abstinence
- B. Male and Female Reproductive systems
- C. Birth and birthing process
- D. STD's causes and effects
- E. HIV/AIDS causes and effects