

Health 7
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Health Education Content Areas:

Community Health
Consumer Health
Environmental Health
Injury Prevention/Safety
Prevention/Control of Disease
Substance Use/Abuse

National Health Education Standards:

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Adolescent Risk Behaviors:

Alcohol and Other Drug Use
Inadequate Physical Activity

Unit 1: (Four Weeks)

A. Disease Prevention

1. Communicable vs. Non-Communicable Disease
2. Lifestyle Disease

B. Heart Health

1. Heart, Vessels, Blood and Disease Factor
2. Risk Factors and Symptoms
3. The Heart Health Epidemic
4. FBAO
5. CPR and using an AED

C. Cancer Awareness

1. Cancer the Disease
2. Skin Cancer

D. Diabetes

E. Obesity

Unit 2: (Two Weeks)

A. Substance Abuse

1. Marijuana
2. Bath Salts; Ecstasy and The Heroin Epidemic
3. Steroid Abuse
4. The Disease Project