

# HEALTH KNOWLEDGE AND SKILLS APPLIED THROUGHOUT THE SEN

## **1st Six Weeks**

### **\* A HEALTHY FOUNDATION**

1. Living a Healthy Lifestyle
2. Building Health Skills and Character
3. Being a Health-Literate Consumer

### **\*PHYSICAL ACTIVITY AND NUTRITION**

1. Physical Activity for Life
2. Nutrition and Your Health
3. Managing Weight and Body Composition

## **2nd Six Weeks**

### **\*PERSONAL CARE AND BODY SYSTEMS**

1. Personal Care and Healthy Behaviors
2. Skeletal, Muscular, and Nervous Systems
3. Cardiovascular and Respiratory Systems
4. Digestive and Urinary Systems

### **\*TOBACCO, ALCOHOL, AND OTHER DRUGS**

1. Tobacco
2. Alcohol
3. Medicines and Drugs

## **3rd Six Weeks**

### **\*DISEASES AND DISORDERS**

1. Communicable Diseases
2. Sexually Transmitted Infections and HIV/AIDS
3. Noncommunicable Diseases and Disabilities

### **\*INJURY PREVENTION AND ENVIRONMENTAL HEALTH**

1. Injury Prevention and Safe Behaviors
2. First Aid and Emergencies
3. Environmental Health