



Curriculum Catalog

High School Health

## Table of Contents

<b>COURSE OVERVIEW .....</b>	<b>3</b>
UNIT 1: BODY ESSENTIALS.....	4
UNIT 2: PHYSICAL HEALTH .....	4
UNIT 3: NUTRITION.....	4
UNIT 4: SOCIAL & EMOTIONAL .....	5
UNIT 5: SAFETY AND FIRST AID.....	5
ADDITIONAL RESOURCES .....	5

## Course Overview

The Health course provides students with comprehensive insight into personal and community health from an evangelical Christian worldview. Covering essential aspects of physical, mental, emotional, social, and spiritual health, this course emphasizes stewardship of the body as God's creation, promoting health practices aligned with biblical principles. Students will explore various dimensions of wellness through scripture, scientific understanding, and practical applications.

In this course, students will examine:

- Creation & the Human Body
- Personal Health
- Nutrition
- Social & Emotional Health
- Safety & First Aid

**Upon completion of the course, students should be able to do the following:**

- Identify and explain the design and functions of the human body as reflections of God's intelligent creation.
- Develop and implement health-promoting habits grounded in biblical stewardship principles.
- Make informed nutritional choices that respect God's provision and the body's nutritional requirements.
- Demonstrate emotional self-regulation and healthy relationship skills informed by scriptural truths.
- Recognize potential safety hazards and respond effectively with essential first aid skills in various environments.

## Methods

The Health course will achieve its objectives through:

- Reading Assignments
- Scripture Study and Memorization
- Interactive Discussions
- Quizzes and Tests
- Practical Projects and Activities

Unit 1: Body Essentials	
High School Health	Assignments
	1. Starting in Truth
	2. Anatomy and Physiology
	3. Circulatory and Respiratory Systems
	4. Skeletal, Muscular, and Nervous Systems
	5. Digestive and Excretory Systems
	6. Reproductive System
	7. Genetics
	8. Conception to Birth
	9. Infancy, Childhood and Adolescence
	10. Adulthood

Unit 2: Physical Health	
High School Health	Assignments
	1. Cleanliness
	2. Healthy Habits: Personal Hygiene and Wellness
	3. Healthy Habits: Essential Practices for Daily Living
	4. Healthy Habits: Rest
	5. Exercise and Physical Fitness
	6. Dairy Group and Protein Group
	7. Communicable Diseases
	8. Disease Prevention
	9. Immunization and Community Health
	10. Influence of Media on Health and Wellness
	11. Tobacco Use
	12. Alcohol Use
	13. Substance Abuse
	14. Sexual Health
	15. Understanding Sexually Transmitted Infections

Unit 3: Nutrition	
High School Health	Assignments
	1. Biblical Food Laws
	2. The Importance of Food in Personal Health
	3. Macronutrients
	4. Micronutrients
	5. Hydration and Health
	6. Nutrition For Life
	7. Harmful Food Choices
	8. Preventing Chronic Disease
	9. Food Safety

Unit 4: Social & Emotional	
High School Health	Assignments
	1. Understanding Emotions
	2. Managing Emotions
	3. Mental Health
	4. Understanding the Influences Around Us
	5. Godly Relationships
	6. Slow to Anger: Conflict and Emotional Self-Control
	7. Restoring Peace: Forgiveness and Biblical Reconciliation
	8. Navigating Peer Pressure and Recognizing Unhealthy Relationships
	9. Setting Healthy Boundaries
	10. Choose Joy
Unit 5: Safety and First Aid	
High School Health	Assignments
	1. Home & Personal Safety Awareness
	2. Babysitting and Child Safety
	3. Injury Prevention in Sports, Recreation, and the Workplace
	4. Driving Safety
	5. Basic First Aid and Emergency Response
	6. Fire Safety and Prevention
	7. Internet and Cyber Safety
	8. Health Decisions
	9. Getting Help in Emergencies

## Additional Resources

Students will need access to a Bible, either in print or online.

All other materials and readings will be provided within the course content