



Curriculum Catalog
High School Health

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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	
Assignments	
High School Health	<ol style="list-style-type: none">1. Starting in Truth2. Anatomy and Physiology3. Circulatory and Respiratory Systems4. Skeletal, Muscular, and Nervous Systems5. Digestive and Excretory Systems6. Reproductive System7. Genetics8. Conception to Birth9. Infancy, Childhood and Adolescence10. Adulthood
Unit 2: Physical Health	
Assignments	
High School Health	<ol style="list-style-type: none">1. Cleanliness2. Healthy Habits: Personal Hygiene and Wellness3. Healthy Habits: Essential Practices for Daily Living4. Healthy Habits: Rest5. Exercise and Physical Fitness6. Dairy Group and Protein Group7. Communicable Diseases8. Disease Prevention9. Immunization and Community Health10. Influence of Media on Health and Wellness11. Tobacco Use12. Alcohol Use13. Substance Abuse14. Sexual Health15. Understanding Sexually Transmitted Infections
Unit 3: Nutrition	
Assignments	
High School Health	<ol style="list-style-type: none">1. Biblical Food Laws2. The Importance of Food in Personal Health3. Macronutrients4. Micronutrients5. Hydration and Health6. Nutrition For Life7. Harmful Food Choices8. Preventing Chronic Disease9. Food Safety

Unit 4: Social & Emotional	
Assignments	
High School Health	<ol style="list-style-type: none">1. Understanding Emotions2. Managing Emotions3. Mental Health4. Understanding the Influences Around Us5. Godly Relationships6. Slow to Anger: Conflict and Emotional Self-Control7. Restoring Peace: Forgiveness and Biblical Reconciliation8. Navigating Peer Pressure and Recognizing Unhealthy Relationships9. Setting Healthy Boundaries10. Choose Joy

Unit 5: Safety and First Aid	
Assignments	
High School Health	<ol style="list-style-type: none">1. Home & Personal Safety Awareness2. Babysitting and Child Safety3. Injury Prevention in Sports, Recreation, and the Workplace4. Driving Safety5. Basic First Aid and Emergency Response6. Fire Safety and Prevention7. Internet and Cyber Safety8. Health Decisions9. 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