**MS Health Education Curriculum**

Your student will be taking health for a full year ***every other day***. During the class we will cover the following topics. Dependent upon time the following list is subject to change.

**Dimensions of Health**

Physical, Mental, Social

**Circulatory System/ Muscular System/Skeletal System**

Physical fitness

Bones/Muscle identification

Heart tour

**Digestive & Excretory Systems**

Nutrition- healthy eating

Watch *Super Size Me* documentary

Body Image

**Personal & Mental Health- Integumentary System**

Being a Wise Consumer

Ways to increase Self-esteem

Stress/Anger Management/Depression

Goal Setting

Teeth, skin, hair, hygiene etc.

**Diseases & Disorders- Immune System**

Communicable Diseases (cold, flu, etc.)

Non-Communicable Diseases (cancer, diabetes, melanoma, etc.)

HIV/AIDS

**Family & Social Health**

Relationship with Family and Others

Communication Skills

Decision Making Skills

Health in the media ~ current events

**Growth & Development- Endocrine & Reproductive System**

Puberty (endocrine glands)

Male & Female Reproductive Anatomy

Fetal Development

Abstinence

**Alcohol/Tobacco/Drugs- Respiratory & Nervous System**

Definition and Classification

Addictive Behavior, Problems of Abuse, Prevention

Refusal Skills

**Environmental Issues**

Global Issues/Protecting your Environment

How the Environment Affects your Health