**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