

**Watervliet City School District
Senior High School Health Education**

Unit	Topic Area To cover	Classes
1	Introduction to Health And Wellness	7 – 10
2	Mental and Emotional Health Mental Illness; Depression Defense Mechanisms	8 – 10
3	Nutrition and Health Diets and Weight Control	10 –15
4	Exercise and Fitness	5 – 10
5	Life Stress and Illness (Stress Management)	5 – 10
6	Disease and Disorders (Functional vs. Organic) Infectious/Communicable vs. Non-infectious Chronic/Degenerative/Lifestyle: cardiovascular; Cancer, etc Congenital; Familial; Genetic Diseases	15 – 20
7	Tobacco; Alcohol; and Other Drugs (TOAD) Basic Drug Information Overview Medicines: Rx vs. OTC; Drug Classifications Psychoactive Drugs: Tolerance; Dependencies Alcohol Use and Abuse: Alcoholism; FAS, etc TOAD And Effects on Driving Tobacco and Disease/Society	25 – 35
8	Parenting Education (Pregnancy, Child Birth Development) Family Life Education/ Human Reproductive Health Relationships/Communication Skills Sex vs. Sexuality; Sex Roles; Gender Identity Abstinence; Birth Control: Conception vs. Contraception Anatomy and Physiology Disease Prevention (STI's, HPV, HIV)	5 – 42
9	Environmental Health Issues/Ecology	5 – 10
10	Gerontology/Thanatology	8 – 10
11	First Aid/CPR/AED – Emergencies	10 – 10

*Note – The total number of lessons allocated for each unit will vary, depending on variables such as student needs, individual teaching methodologies and styles, total teaching days, eclectic/holistic teaching and teachable moments, etc.

** [Click here to view NYS Health Education Learning Standards](#)

***[Click here to view National Health Education Learning Standards](#)

