

# HEALTH DEPARTMENT

MR. JAQUETTE

# HEALTH I

- Required to graduate
  - 1 quarter class or semester skinny
  - Freshmen normally take it.
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- You need to be a life long learner of your health.

**UNITS**



# Intro to health and your personal health.

- Areas of health
- Goal Setting
- Decision Making

# Nutrition

- Essential nutrients
- Personal analysis of diet
- Eating disorders



# Mental Health

- Defining mental health
- Different mental illnesses
- Stress management
- Suicide



# First Aid and CPR

- First Aid treatment
- Students will demonstrate how to do CPR (hands only)

# Human Sexuality

- Anatomy
- STD's/STI's
- Pregnancy prevention including abstinence.
- Physical, Social and Emotion consequences of Sex.



# HEALTH II

- Prerequisite is Health I
- Taken by Sophomores, Juniors and Seniors
- Develop a more in depth knowledge of health.

# UNITS

# Consumer Health

- Becoming a wise consumer
- Analyze advertising techniques
- Health Care
- Life insurance

# Substance Abuse

- Alcohol
- Illicit drugs

# Death and Dying

- Stages of grief
- Funeral planning
- Aging

# Non-Communal Diseases

- Heart disease
- Skin Cancer
- Osteoporosis
- Plus more

# Current Health Events

- Each week students are required to share a health event that has been in the news and summarize it to the class.