

HEALTH/PHYSICAL EDUCATION/DRIVERS EDUCATION CURRICULUM SUMMARY

The purpose of the Health/Physical Education/Drivers Education Curriculum Summary is to present an overview of the Health curriculum. Parents are the intended audience of the Health/Physical Education/Drivers Education Curriculum Summary.

Body Systems	Mental Health/Stress Management
<ul style="list-style-type: none"> • Musculoskeletal system • Nervous system • Digestive system • Cardiovascular system • Immune system • Endocrine system • Interactions of the body systems • Preventative care • Access to information and resources 	<ul style="list-style-type: none"> • Components of health • Mental and emotional health • Stress • Dealing with stress • Coping with loss • Preventing suicide • Preventative care • Access to information and resources • Professional opportunity
Basic First Aid	Human Growth & Development
<ul style="list-style-type: none"> • Priorities of First Aid • General emergency procedures • Specific emergency procedures: respiratory, cardiac, and bleeding • Basic and advanced first aid • Physical fitness related injuries • Access to information and resources • Professional opportunity 	<ul style="list-style-type: none"> • Reproductive systems • Menstruation, pregnancy, and delivery • Abstinence and contraception • Sexually transmitted infections and HIV/AIDS • Sexual assault • Lesbian, Gay, Bisexual, Transgender • Responsible relationships • Preventative care • Access to information and resources
Nutrition	Drugs, Alcohol, Tobacco
<ul style="list-style-type: none"> • Nutritional requirements and needs • Essential nutrients • Functions and sources of alternative supplements • Daily diet • Body composition • Eating disorders • Dietary Guidelines for Americans • Nutrition labels • Access to information and resources 	<ul style="list-style-type: none"> • Prescription and over the counter drugs • Main illegal drug categories • Drug, alcohol, and tobacco use prevention • Resisting drugs • Diseases related to drug use • Access to information and resources