Course Overview:

This 18-week high school Health course equips students with knowledge and skills for lifelong wellness, covering health history, body systems, fitness, nutrition, and disease prevention. The curriculum emphasizes hands-on activities (e.g., fitness circuits, simulations), discussions, and projects to foster critical thinking and practical application.

Duration: 18 weeks, 5 days/week, 50-minute classes

Target Audience: High school students (grades 9–12)

Prerequisites: None

Assessment: Projects (40%), quizzes (25%), participation (20%), written assignments (15%)

Materials: Anatomy models, fitness equipment (e.g., yoga mats, jump ropes), food labels

	Week	Unit	Focus	Learning Objectives	Key Activities
Assessments					

	1	Health History and Development	Defining health	Understand health concepts, historical perspectives	Discuss health definitions, timeline of health advancements

Health history quiz, participation					
	1	Health History and Development	Health milestones	Identify key milestones in public health	Group activity: Research major health events (e.g., vaccinations)
Research summary					
	2	Health History and Development	Social determinants	Recognize factors influencing health (e.g., environment, socioeconomic status)	Case study analysis, create personal health goal
Health goal worksheet, participation					
	3	Body Systems	Circulatory and respiratory systems	Understand functions of circulatory and respiratory systems	Lecture with diagrams, model heart/lung activity
System quiz					

	4	Body Systems	Muscular and skeletal systems	Identify roles of muscles and bones in movement	Hands-on: Identify muscles during stretches, skeleton model activity
Muscle/bone diagram project					
	5	Body Systems	Nervous and endocrine systems	Understand nervous system signaling, hormone functions	Brain mapping activity, discuss stress response
Nervous system quiz, participation					
	6	Body Systems	Digestive and immune systems	Learn digestion process, immune system basics	Food digestion simulation, immune response role-play
Digestion/immune quiz					
	7	Fitness	Physical activity benefits	Understand benefits of exercise for health	Lecture on fitness benefits, bodyweight circuit (e.g., squats)

Fitness quiz, participation					
	8	Fitness	Fitness components	Identify cardiovascular, strength, flexibility components	Fitness stations (e.g., jump rope, stretching), assess baseline fitness
Baseline fitness assessment					
	9	Fitness	Exercise planning	Develop a personal fitness plan	Design a 5-day fitness plan, try sample exercises in class
Fitness plan project					
	10	Fitness	Injury prevention	Learn safe exercise techniques	Lecture on warm-ups, practice stretching routines
Safety quiz, participation					

	11	Nutrition	Nutrition basics	Understand macronutrients, dietary guidelines	Lecture on food groups, analyze food labels
Food label analysis, quiz					
	12	Nutrition	Healthy eating habits	Plan balanced meals, understand portion control	Design a 3-day meal plan, no-cook recipe demo
Meal plan project					
	13	Nutrition	Nutrition and body systems	Explore how nutrition impacts body systems	Group discussion on diet and health, create nutrition infographic
Infographic project					
	14	Diseases and Pathogens	Infectious diseases	Understand pathogens (bacteria, viruses)	Lecture on pathogens, microbe model activity
Pathogen quiz					
	15	Diseases and Pathogens	Disease prevention	Learn hygiene, vaccination, and prevention strategies	Handwashing demo, analyze vaccination campaigns

Prevention plan, participation					
	16	Diseases and Pathogens	Chronic diseases	Identify risk factors for chronic diseases (e.g., diabetes)	Case study on lifestyle factors, guest speaker (health professional)
Case study analysis					
	17	Capstone and Final Assessments	Health advocacy	Apply health knowledge to advocate for wellness	Design a health campaign (e.g., fitness, disease prevention), present to class
Capstone presentation					
	18	Capstone and Final Assessments	Lifelong health	Reflect on health knowledge, set wellness goals	Health fair with student booths, write reflection essay
Reflection essay, participation					