

**Davison Community Schools**  
**Health Living 1**

**Course Outline**

Unit 1: Maintaining Health and Wellness

Unit 2: The Role of Diet in Health

Unit 3: Nutrition

**Priority Standards**

2.7	Demonstrate effective refusal skills to counter pressure to use alcohol, tobacco, or other drugs.
2.9	Demonstrate skills to avoid hazards due to another's use of alcohol, tobacco, or other drugs, including avoiding secondhand smoke and riding in a car with someone who has been using alcohol or other drugs.
3.1	Analyze the relationship between all life choices and wellness, including such issues as physical activity and fitness.
3.2	Students will be able to identify sources and function of nutrients.
4.1	Distinguish between passive, aggressive, and assertive communication.
4.17	Advocate for a school environment in which everyone treats each other with caring and respect.
6.1	Explain how HIV is and is not transmitted.
6.2	Distinguish between facts and myths regarding HIV infection and AIDS.
6.5	Analyze behaviors and situations that may result in increased risk for HIV and other sexually transmitted infections (STIs).