

Course Title:	Health II
Grade(s):	11-12

Course Description
Health II is open to 11th and 12th-grade students who have a prerequisite of a passing grade in Health I. Students enrolled in Health II will have the opportunity to study current event issues relating to Interpersonal Communication, Goal Setting, Accessing Information, Decision Making, Analyzing Influences, and Self-Advocacy. The skills taught will help students determine how they impact their community, themselves, and their family. This will be a student-centered course in which students will be encouraged and guided to lead discussions, debates, solicit opposing viewpoints, and conduct interviews regarding health-related topics. Students will learn in an inclusive and collaborative environment while focusing on advocating for their health, their self-management skills, and analyzing external influences on their health and wellness. All Health II students will have the opportunity to become Adult and Infant First Aid/CPR/AED certified. The Human Sexuality and A.I.D.S. components of the course are not mandatory.
Approved Curricular Materials/Textbook(s)
First Aid/CPR/AED Equipment

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: The Benefits of Exercise	Students will explore the physical, mental, and emotional benefits of regular physical activity. Through a combination of direct instruction, hands-on activities, and personal reflection, students will develop an understanding of how exercise supports overall wellness and long-term health. Concepts include target heart rate, the components of fitness, the impact physical activity has on stress, mood, and cognitive function, and how exercise contributes to confidence and quality of life. By the end of the unit, students will be able to explain why exercise is essential for lifelong wellness and apply strategies for incorporating consistent physical activity into their daily routines.	2 weeks (August/September)

Unit 2: Emotional Intelligence	Students will explore the concept of emotional intelligence and its impact on personal and social success. Through self-reflection activities, discussions, and assessments, students will learn to recognize and understand their own emotions as well as the emotions of others. The unit will also focus on identifying personal strengths, traits, and characteristics, helping students understand how these qualities influence their relationships, decision-making, and overall well-being.	1 week (September)
Unit 3: The Dimensions of Wellness	This unit is a review of the 8 Dimensions of Wellness—Physical, Emotional, Social, Intellectual, Environmental, Financial, Occupational, and Spiritual—and explores how each dimension contributes to a balanced, healthy lifestyle. Students will examine how these dimensions are interconnected and how strengths or challenges in one area can influence overall well-being. Through interactive activities, self-assessments, class discussions, and real-life applications, students will learn practical strategies to improve their personal wellness in each dimension. By the end of the unit, students will be able to explain the importance of maintaining balance across all areas of wellness.	1 week (September)
Unit 4: Goal Setting	Students will explore the importance of setting clear, realistic, and meaningful goals as part of living a healthy and successful life. Students will learn how goal setting influences personal wellness, academic success, relationships, and long-term decision-making. Through guided activities, reflection exercises, and practical application, students will practice using the SMART Goals framework to create plans that support their physical, emotional, social, and academic growth. Throughout the unit, students will examine short-term vs. long-term goals, identify personal values, and recognize barriers that may interfere with progress. They will develop strategies for staying motivated, adjusting goals when needed, and monitoring their ongoing success. By the end of the unit, students will have created a personalized set of goals and an action plan they can apply both inside and outside the classroom.	1 week (September)
Unit 5: Nutrition	In this unit, students build a clear understanding of how everyday food choices impact long-term health. They explore the six essential nutrients, how the body uses them, and what balanced eating looks like. Students analyze common fad diets, identifying misleading claims and potential risks. The unit also highlights Blue Zones—regions where people live longer, healthier lives—to illustrate the	2 weeks (October)

	impact of lifestyle and dietary patterns. Students examine the effects of fast food on physical and mental health, learn to interpret nutrition labels, and compare food options. By the end, students can recognize trustworthy nutrition information and make informed decisions that support overall wellness.	
Unit 6: Substance Abuse	In this unit, students will explore types of substance abuse, including the misuse of alcohol, tobacco, prescription medications, vaping products, and illegal drugs. The focus will be on understanding the physical, emotional, and social consequences of substance use, as well as recognizing the factors that contribute to experimentation and addiction. Students will develop essential decision-making skills to make healthy choices and evaluate consequences before acting. They will also learn how peer pressure can influence behavior and practice refusal skills to confidently resist unhealthy influences. Through discussions, real-life scenarios, and interactive activities, students will gain the knowledge and strategies to make responsible decisions and promote a safe, substance-free lifestyle.	2 weeks (October)
Unit 7: Sleep	In this unit, students will explore the critical role sleep plays in overall health and well-being. Students will learn about sleep cycles, circadian rhythms, and the biological processes that regulate sleep. The unit will cover the physical, mental, and emotional benefits of getting adequate sleep, including its impact on memory, learning, mood, and immune function. Students will also examine common sleep problems, such as insomnia and sleep deprivation, and strategies for improving sleep hygiene. By the end of the unit, students will understand the importance of healthy sleep habits and how they contribute to optimal daily functioning and long-term wellness.	1 week (November)
Unit 8: First Aid/CPR/AED Certifications	This unit provides students with the knowledge and hands-on skills necessary to respond effectively to medical emergencies for adults and infants. Students will learn the principles of first aid, cardiopulmonary resuscitation (CPR), and the proper use of automated external defibrillators (AEDs). The course emphasizes recognition of life-threatening situations, quick decision-making, and the application of evidence-based techniques to preserve life. Upon completion, students will be certified in Adult and Infant First Aid, CPR, and	1 week (November)

	AED, enabling them to confidently provide emergency care in a variety of settings, including home, workplace, and community environments.	
Unit 9: Stress Relief/ Self-Management	This unit explores the nature of stress, how it affects the body and mind, and practical strategies for managing and relieving it. Students will learn to identify sources of stress in their daily lives, understand the physiological and psychological responses to stress, and apply effective coping techniques such as mindfulness, deep breathing, and time management. In addition, the unit emphasizes the power of thankfulness and gratefulness as tools for enhancing mental and emotional well-being. Through reflective activities and discussions, students will practice recognizing positive aspects of their lives, expressing appreciation, and developing a mindset that promotes resilience and overall wellness. By the end of the unit, students will be able to: • Identify common stressors in their personal, academic, and social lives. • Explain the physical and emotional effects of stress. • Apply strategies to manage and reduce stress effectively. • Understand the benefits of cultivating gratitude and thankfulness. • Integrate gratitude practices into daily life to support emotional health and resilience.	1 week (November)
Unit 9: Types of Relationships	This unit explores the various types of relationships that individuals experience throughout their lives, emphasizing their characteristics, dynamics, and impact on personal well-being. Students will examine family, friendships, romantic, professional, and community relationships, learning to identify healthy versus unhealthy patterns and strategies for effective communication, conflict resolution, and boundary setting. Through discussions, scenarios, and reflective activities, students will gain the knowledge and skills necessary to build positive connections, navigate challenges, and foster supportive networks that contribute to emotional, social, and mental wellness.	2 weeks (December)

Unit 10: STIs/Contraception	In this unit, students will explore key concepts in sexual health, including the variety of contraception methods, the types and characteristics of sexually transmitted infections (STIs), and strategies for prevention. Students will learn about hormonal and barrier methods of contraception, their effectiveness, and how to make informed choices. The unit also covers bacterial, viral, and parasitic STIs, their symptoms, health consequences, and treatment options. Emphasis will be placed on personal responsibility, safe practices, and communication skills to reduce the risk of STIs and unintended pregnancies.	2 weeks (December/January)
Final Exam Prep/ Final Exam	By the completion of this course, students will be able to: • Explain the benefits of regular exercise and how it contributes to overall wellness. • Demonstrate strategies for stress management and discuss how stress impacts health. • Describe the importance of sleep and its effects on physical and mental well-being. • Analyze nutrition choices and their effects on the body, including balanced meal planning. • Understand substance abuse, its risks, and strategies for making healthy decisions. • Identify healthy and unhealthy relationships, including communication skills and boundaries. • Demonstrate knowledge of sexually transmitted infections (STIs) and methods of prevention. • Explain different forms of contraception and their effectiveness. • Apply the 8 dimensions of wellness to everyday life scenarios. • Reflect on emotional intelligence skills and how they influence behavior and relationships. • Set realistic and meaningful personal health and wellness goals.	2 weeks (January)