

Manhattan High School
Health Enhancement Curriculum

Topics:	Grade 7	Grade 8	Grade 10	HCS	Topics:	Grade 7	Grade 8	Grade 10	HCS
<u>Intro to Health, Health Skills,</u>	9 Days	5 Days	3 Days		<u>Physical Activity</u>	7 Days	3 Days	5 Days	
<u>Health Literacy</u>					Topics include, but not limited to:				
Topics include, but not limited to:					*benefits of physical activity	I - D	P	A	1,5,6,7
*what it means to be healthy	I - D	P	A	1,5,6,7	*risks of inactivity	I - D	P	A	1,5,6,7
*types of health	I - D	P	A	1,5,6,7	*elements of fitness	I - D	P	A	1,5,6,7
*lifestyle factors	I - D	P	A	1,5,6,7	*setting physical activity goals	I - D	P	A	1,5,6,7
*influences on health	I - D	P	A	1,5,6,7	*developing a physical activity program	I	D	P	1,5,6,7
*building health skills	I - D	P	A	1,5,6,7	*important aspects of training	I	D	P	1,5,6,7
*decision making	I - D	P	A	1,5,6,7	*physical activity injuries	I	D	P	1,5,6,7
*goal setting	I - D	P	A	1,5,6,7					
*character building	I - D	P	A	1,5,6,7					
*consumer choices	I - D	P	A	1,5,6,7					
<u>Mental & Emotional Health</u>	5 Days	7 Days	10 Days		<u>Nutrition</u>	5 Days	5 Days	10 Days	
Topics include but not limited to:					Topics include, but not limited to:				
*characteristics of good mental & emotional health	I - D	P	A	1,5,6,7	*influences on food choices	I - D	P	D - A	1,5,6,7
*types of needs	~	~	I - D	1,5,6,7	*nutrients	I - D	P	D - A	1,5,6,7
*influences on personality	I - D	P	A	1,5,6,7	*dietary guidelines	I	D	D - A	1,5,6,7
*recognizing strengths & weaknesses	I - D	P	A	1,5,6,7	*nutrition labeling	I	D	D - A	1,5,6,7
*self-esteem	I - D	P	A	1,5,6,7	*food sensitivities & illnesses	I	D	D - A	1,5,6,7
*understanding & managing emotions	I - D	P	A	1,5,6,7	*managing weight	I	D	D - A	1,5,6,7
*identifying stress	I - D	P	A	1,5,6,7	*body composition	I	D	D - A	1,5,6,7
*body's response to stress	I - D	P	A	1,5,6,7	*fad diets	~	I	P	1,5,6,7
*managing stress	I - D	P	A	1,5,6,7	*eating disorders	I	D	P - A	1,5,6,7
*identifying anxiety & depression	I - D	P	A	1,5,6,7	*training diet	~	I	D - P	1,5,6,7
*mental & emotional problems	I - D	P	A	1,5,6,7	*vegetarianism	~	I	D - P	1,5,6,7
*suicide prevention	I - D	P	A	1,5,6,7	*dietary supplements	~	I	D - P	1,5,6,7
*types of therapy	I	D	P	1,5,6,7					

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Body Systems	7 Days	7 Days	25 Days		Medicines & Drugs		15 Days	15 Days	
Topics include, but not limited to:					Topics include, but not limited to:				
*integumentary system	I	D	P	1,5,6,7	*tobacco	~	I - D	P - A	1,5,6,7
*teeth & mouth	I	D	P	1,5,6,7	~components	~	I - D	P - A	1,5,6,7
*eyes	I	D	P	1,5,6,7	~harmful effects	~	I - D	P - A	1,5,6,7
*ears	I	D	P	1,5,6,7	~staying tobacco free	~	I - D	P - A	1,5,6,7
*skeletal system	I	D	P	1,5,6,7	*alcohol	~	I - D	P - A	1,5,6,7
*muscular system	I	D	P	1,5,6,7	~harmful effects	~	I - D	P - A	1,5,6,7
*nervous system	I	D	P	1,5,6,7	~risks	~	I - D	P - A	1,5,6,7
*cardiovascular system	I	D	P	1,5,6,7	~drug interactions	~	I - D	P - A	1,5,6,7
*lymphatic system	~	I	D - P	1,5,6,7	~legal consequences	~	I - D	P - A	1,5,6,7
*respiratory system	I	D	P	1,5,6,7	~binge drinking	~	I - D	P - A	1,5,6,7
*digestive system	I	D	P	1,5,6,7	~alcohol poisoning	~	I - D	P - A	1,5,6,7
*urinary system	I	D	P	1,5,6,7	~alcoholism	~	I - D	P - A	1,5,6,7
*endocrine system	I	D	P	1,5,6,7	*medicines	~	I - D	P - A	1,5,6,7
*reproductive system	I	D	P	1,5,6,7	~uses	~	I - D	P - A	1,5,6,7
					~types	~	I - D	P - A	1,5,6,7
Diseases	2 Days	4 Days	10 Days		~abuse	~	I - D	P - A	1,5,6,7
Topics include, but not limited to:					~safety	~	I - D	P - A	1,5,6,7
*communicable diseases	I	D	P	1,5,6,7	*substance abuse	~	I	D - P	1,5,6,7
~types of pathogens	I	D	P	1,5,6,7	~consequences	~	I	D - P	1,5,6,7
~transmission methods	I	D	P	1,5,6,7	~addiction cycle	~	I	D - P	1,5,6,7
~prevention methods	I	D	P	1,5,6,7	*illicit drugs	~	I	D - P	1,5,6,7
~common communicable diseases	I	D	P	1,5,6,7	~prescription drug abuse	~	I	D - P	1,5,6,7
*noncommunicable diseases	~	I	D-P	1,5,6,7	~marijuana	~	I	D - P	1,5,6,7
~cardiovascular disease	~	I	D-P	1,5,6,7	~inhalants	~	I	D - P	1,5,6,7
~cancer	~	I	D-P	1,5,6,7	~steroids	~	I	D - P	1,5,6,7
~allergies	~	I	D-P	1,5,6,7	~stimulants	~	I	D - P	1,5,6,7
~asthma	~	I	D-P	1,5,6,7	~depressants	~	I	D - P	1,5,6,7
~diabetes	~	I	D-P	1,5,6,7	~narcotics	~	I	D - P	1,5,6,7
~arthritis	~	I	D-P	1,5,6,7	~hallucinogens	~	I	D - P	1,5,6,7

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<u>Maturation Class</u>	6 Days	6 Days	10 Days						
Topics include, but not limited to:									
*puberty	I - D	P	A	1,5,6,7					
*reproductive systems	I - D	P	A	1,5,6,7					
~anatomy & physiology	I - D	P	A	1,5,6,7					
~health & hygiene	I - D	P	A	1,5,6,7					
*abstinence	I - D	P	A	1,5,6,7					
*healthy relationships	I	D	P	1,5,6,7					
~communication	I	D	P	1,5,6,7					
~emotions	I	D	P	1,5,6,7					
~violence prevention	I	D	P	1,5,6,7					
*pregnancy	I	D	P - A	1,5,6,7					
*contraceptive methods	~	I	D - P	1,5,6,7					
*STIs	I	D	P - A	1,5,6,7					
*HIV/AIDS	I - D	P	A	1,5,6,7					
Social Health	5 Days								
Topics include, but not limited to:									
*communication	I - D	~	~	1,5,6,7					
~verbal communication	I - D	~	~	1,5,6,7					
~nonverbal communication	I - D	~	~	1,5,6,7					
*family relationships	I - D	~	~	1,5,6,7					
*friendships	I - D	~	~	1,5,6,7					
~peer pressure	I - D	~	~	1,5,6,7					
*refusal skills	I - D	~	~	1,5,6,7					
*conflict resolution	I - D	~	~	1,5,6,7					
*preventing violence	I - D	~	~	1,5,6,7					
~bullying	I - D	~	~	1,5,6,7					

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