

## FRESHMAN HEALTH CHAPTERS TO BE COVERED STARTING IN 2013 TIMELINE

1. UNDERSTANDING HEALTH & WELLNESS
2. TAKING CHARGE OF YOUR HEALTH
6. SKILLS FOR HEALTHY RELATIONSHIPS
7. FAMILY RELATIONSHIPS
8. PEER RELATIONSHIPS
10. NUTRITION FOR HEALTH
11. MANAGING WEIGHT AND EATING BEHAVIORS
13. PERSONAL HEALTH CARE
14. SKELETAL & MUSCULAR SYSTEMS
15. DIGESTIVE & EXCRETORY SYSTEMS
16. REPRODUCTIVE HEALTH
19. MEDICINES & DRUGS
20. TOBACCO
21. ALCOHOL
22. ILLEGAL DRUGS
25. NONCOMMUNICABLE DISEASES

### TIMELINE/TOPICS FOR TEACHING FRESHMAN HEALTH

CHAPT.	SUBJECT	LESSON(S)	WEEK(S)
1 & 2	UNDERSTANDING HEALTH/TAKING CHARGE	1-2, 1-2	1-2
6-8	HEALTHY RELATIONSHIPS/FAMILY/PEER RELATIONSHIPS	1-3, 1-3, 1-3	3-6
10-11	NUTRITION, MANAGING WEIGHT, EATING BEHAVIORS	1-4, 1-3	7-10
20	TOBACCO	1-3	11-12
21	ALCOHOL	1-3	13-14
19 & 22	MEDICINES & ILLEGAL DRUGS	1-2, 1-4	15-16
	REVIEW FOR SEMESTER FINAL		17
	FIRST SEMESTER FINAL		18
16 & 18	REPRODUCTIVE HEALTH/ CHANGES DURING ADOLESCENCE	2-3, 1	19-22
13	PERSONAL HEALTH CARE	1-3	23-25
14	SKELETAL & MUSCULAR SYSTEMS	1-2	26-29
15	DIGESTIVE & EXCRETORY SYSTEMS	3-4	30-32
25	NONCOMMUNICABLE DISEASES	2 & 4	33-34
	REVIEW FOR SEMESTER FINAL		35
	SECOND SEMESTER FINAL		36