

Comprehensive Health Pacing Guide

	Recommended Weeks
FCCLA INTRODUCTION	2 Weeks
Unit 1: Introduction to Health and Wellness	2 Weeks
1. Understanding Your Health and Wellness	
2. Risk Factors: Behavior, Genes, Environment	
Unit 2: Nutrition and Food Choices	4 Weeks
3. Nutrition	
4. Body Weight and Composition	
5. Body Image	
Unit 3: Fitness and Personal Health	3 Weeks
6. Physical Fitness	
7. Sleep	
8. Personal Hygiene and Basic Healthcare	
Unit 4: Understanding and Avoiding Hazardous Substances	3 Weeks
9. Tobacco	
10. Alcohol	
11. Medications and Drugs	
Unit 5: Diseases and Disorders	3 Weeks
12. Infectious Diseases	
13. Sexually Transmitted Infections and HIV/AIDS	
14. Noncommunicable Diseases	
TESTING	1 Week
Unit 6: Mental and Emotional Health and Wellness	6 Weeks
15. Achieving Mental and Emotional Health	
16. Managing the Stress in Your Life	
17. Mental Illnesses and Disorders	
Unit 7: Social Health and Wellness	3 Weeks
18. Healthy Family and Peer Relationships	
19. Dealing with Conflict, Violence, and Abuse	
Unit 8: The Human Life Cycle	8 Weeks
20. Reproduction and Pregnancy	
21. Childbirth and Parenting Newborns	
22. Human Development across the Life Span	
23. Pregnancy Prevention	
24. Understanding Sexuality	
TESTING	1 Week