

Essential Health Pacing Guide

<i>Based on Essential Health, Goodheart-Willcox, 2015</i>	Recommended Weeks
FCCLA INTRODUCTION	3 Weeks
Topic 1: Introduction to Health and Wellness	3 Weeks
<ul style="list-style-type: none"> • Understanding Your Health and Wellness • Risk Factors: Behavior, Genes, Environment 	
Topic 2: Nutrition and Food Choices	5 Weeks
<ul style="list-style-type: none"> • Nutrition • Body Weight and Composition • Body Image 	
Topic 3: Fitness and Personal Health	3 Weeks
<ul style="list-style-type: none"> • Physical Fitness • Sleep • Personal Hygiene and Basic Healthcare 	
Topic 4: Understanding and Voiding Hazardous Substances	3 Weeks
<ul style="list-style-type: none"> • Tobacco • Alcohol • Medications and Drugs 	
TESTING	1 Week
Topic 5: Diseases and Orders	3 Weeks
<ul style="list-style-type: none"> • Infectious Diseases • Sexually Transmitted Infections and HIV/AIDS • Noncommunicable Diseases 	
Topic 6: Mental and Emotional Health and Wellness	4 Weeks
<ul style="list-style-type: none"> • Achieving Mental and Emotional Health • Managing the Stress in Your Life • Mental Illnesses and Disorders 	
Topic 7: Social Health and Wellness	4 Weeks
<ul style="list-style-type: none"> • Healthy Family and Peer Relationships • Dealing with Conflict, Violence, and Abuse 	
Topic 8: The Human Life Cycle	6 Weeks
<ul style="list-style-type: none"> • Reproduction and Pregnancy • Childbirth and Parenting Newborns • Human Development across the Life Span 	
TESTING	1 Week

Pacing Guide prepared by Mary Jane Grayson