

## Course Pacing Guide

Chapter	Class Periods per Chapter					
	Full Courses		Short Courses			
	Year	Semester	Nutrition and Fitness	Mental and Social Health	Life Skills	Safety and First Aid
1 Making Healthy Decisions	7	3.5	3	3	4	3
<b>Unit 1 Mental Health</b>						
2 Personality, Self-Esteem, and Emotions	7	3.5		4	2	
3 Managing Stress	6	3		4	3	
4 Mental Disorders and Suicide	8	4		4	2	2
<b>Unit 2 Social Health</b>						
5 Family Relationships	6	3		4	3	
6 Building Healthy Peer Relationships	6	3		4	3	1
7 Preventing Violence	7	3.5		4	2	4
<b>Unit 3 Nutrition</b>						
8 Food and Nutrition	7	3.5	3			
9 Making Healthy Food Choices	6	3	4		2	
10 Digestion and Excretion	5	2.5	3			1
<b>Unit 4 Physical Fitness</b>						
11 Movement and Coordination	7	3.5	5			2
12 Cardiovascular and Respiratory Health	6	3	4			
13 Exercise and Lifelong Fitness	7	3.5	5	2	2	2
14 Personal Care	7	3.5	4		3	
<b>Unit 5 Substance Abuse</b>						
15 Alcohol	7	3.5		3	3	2
16 Tobacco	6	3		2	3	2
17 Preventing Drug Abuse	9	4.5		3	3	2
<b>Unit 6 Human Development</b>						
18 Reproduction and Heredity	6	3		1		
19 Pregnancy, Birth, and Childhood	7	3.5			2	
20 Adolescence and Adulthood	8	4		3	3	

<b>Unit 7 Preventing Disease</b>						
21 Infectious Diseases	6	3	3			2
22 Sexually Transmitted Infections and AIDS	7	3.5	3	2	2	2
23 Chronic Diseases and Disabilities	8	4	3			3
<b>Unit 8 Community Health and Safety</b>						
24 Safeguarding the Public	7	3.5		2		4
25 A Healthy Community and Environment	7	3.5			2	3
26 Preventing Injuries	7	3.5	3			5
First Aid Appendix	3	1.5	2		1	5
<b>Total</b>	<b>180</b>	<b>90</b>	<b>45</b>	<b>45</b>	<b>45</b>	<b>45</b>