Health Education GLEs Table of Contents

I. Functions and Interrelationships of Systems (FS)
   1. Structure and Functions of the Body
      A. Sensory System
      B. Muscular System
      C. Skeletal System
      D. Integumentary System (Skin)
      E. Cardio-respiratory/Circulatory System
      F. Respiratory System
      G. Nervous System
      H. Digestive System
      I. Urinary / Excretory System
      J. Endocrine System
      K. Reproductive System
      L. Lymphatic – Immune System
   2. Social, Emotional and Mental Health
      A. Influence of Family and Peers
      B. Responsibilities in Society
      C. Communication Skills

II. Health Maintenance and Enhancement (ME)
   1. Personal and Family Health
      A. Personal Health
      B. Preventive Care
      C. Growth and Development
      D. Health and Skill Related Fitness
   2. Nutrition
      A. Essential Nutrients and Food Groupings
      B. Balance, Variety and Moderation
      C. Food Labels
      D. Food Handling and Safety
      E. Food Energy and Physical Activity
   3. Consumer Health and Safety
      A. Media Influences on Health Habits and Decisions
      B. Consumer Rights and Issues
      C. Community Services/Careers
   4. Life Management Skills
      A. Decision Making and Problem Solving
      B. Refusal/Assertive Skills and Conflict Resolution
      C. Goal Setting and Asset Development
      D. Stress Management and Coping Skills
      E. Harassment/Bullying and Violence Prevention

III. Risk Assessment and Reduction (RA)
   1. Disease Prevention and Control
      A. Communicable vs. Non-Communicable Diseases
      B. Body Defenses and Recovery
      C. Types of Pathogens and Transmission
      D. Adolescent Health Issues and Sexually Transmitted Infections
E. HIV/AIDS Prevention Education
   *MSIP requires developmentally appropriate HIV/AIDS prevention education
   occur at EVERY grade level, including primary grades*
F. Abstinence, Prevention Behaviors, and Teen Pregnancy

2. Injury Prevention and Safety
   A. Safety for Home, School, and Communities
   B. First Aid Procedures
   C. Activity Related Injuries and Environmental Conditions
   D. Water-Related Emergencies

3. Substance Education
   A. Safe and Unsafe Substances
   B. Purpose and Guidelines for Prescription, OTC Drugs and Natural Substances
   C. Substance Use vs. Non-Use

4. Environmental Health
   A. Effects of Pollution on Health
   B. Individual Responsibility