Department: Physical Education and Health
Course Title: Exercise and Wellness for Everyone
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Unit Title	Unit Length (weeks)	Dates of Unit (Month - Month)	Essential Questions	Topics to be Covered Texts Used	Skills to be Assessed	Standard Alignment	Formative Assessments	Summative Assessments
Pillars of Health in Society	3-4 weeks	February	-What is the difference between health and wellness? -How does behavior and lifestyle choices connect to leading causes of death nationally? -What is the purpose of Healthy People 2030? -How can you take control of your own health/wellness?	-Defining Health & Wellness -National and Global Health Concerns -Creating a SMART Goal	-ability to identify stregnths and weaknesses and create a plan to help improve an area of health/wellness -select appropriate peer reviewed, original research	National Health Standards 1, 2, 6, 7	-journal checks -chapter discussion questions	-Healthy People 2030 -Behavior Change
Fitness as a Pillar of Health & Disease Prevention	2 (fitness) 2 (disease prevention)	March-April	-What is the difference between physical activity, exercise, and physical fitness? -How can I fit movement into everyday life? -What are the risks of physical inactivity vs the benefits of regular activity? -How do I care for related injuries? -What diseases are associated with sedentary lifestyles?	-Fitness Basics -The Impact of Physical Activity on Your Health -Creating an Exercise Plan -Energy Systems -Functional Fitness -Safety/Injury Response & Treatment -Body Composition -Body Image Disturbances and Eating Disorders -	-create a personalized workout plan	NHS 1, 3, 5	-journal checks -discussion questions	-Personal Exercise Plan -chapter test -fitness analysis -disease project
Nutrition as a Pillar of Health	3	March-April	-Why is each dietary component important for health? -How does the western diet	-Nutrition Basics Benefits of a Healthy Diet -Dietary Guidelines	-ability to annotate research articles	NHS 1, 2	-journal checks -discussion questions	-chapter test -meal plan for patient or blue zone meal plan -nutrition analysis
Stress as a Pillar of Health	1	May	-When can stress be harmful vs when can it be helpful? -How does physical activity help us manage stress? -What are signs of chronic stress, and how can one address it?	-Overview of Stress Response -Stress-management strategies	-self-assessment -application of stress busters	NHS 1, 6	-journal checks -discussion questions	-chapter test -stress workbook
Mental Health & Addiction	1	May	-What is the difference between mental health and mental illness? -What are the signs of a mental health challenge/crisis? -Where can one find support? -How can I maintain my mental health?	-Mental Health & Mental Well-Being -Mental Disorders -Defining Substance Use Disorder	-self-assessment -ability to locate resources/support groups	NHS 1, 2, 3, 6	-journal checks -discussion questions	-mental health poster -substance abuse reflection
Sleep as a Pillar of Health	1	May	-What occurs during stages of sleep? -How does sleep change with age? -How can one sleep better? -What impact does sleep have on our physical and mental health?	The Function of Sleep Regulation of Sleep and Wakefulness States and Stages of Sleep	-self-assessment	NHS 1, 2, 6	-journal checks -discussion questions	-sleep log -chapter test/homework -sleep and wellness research paper and plan

Relationships as a Pillar of Health	1	June	-What is the influence of social connectedness on health? -What factors foster healthy relationships?	-Social Health in the US -Loneliness Epidemic	-assessment of communication skills	NHS 4	-journal checks -discussion questions	-chapter homework/test
Conventional, Complementary and Integrative Medicine	1	June	-Who provides conventional medicine? -What does CAM refer to and what does it look like the US? -How can conventional medicine and CAM work together?	Conventional Medicine Complementary and Alternative Medicine Holistic Medicine and Integrative Medicine	-ability to locate CAM services -ability to locate conventional medicine providers	NHS 3	-journal checks -disucussion quessions	-chapter homework