**Health and Personal Fitness Outline**

Week 1 Introduction to Health

Week 2 Community Health

Week 3 Personal Health

Week 4 Physical Health

Week 5 Consumer Health

Week 6 Mental Health

Week 7 Social Health

Week 8 Health Services

Week 9 Alcohol and Other Drug Use

Week 10 Alcohol and Other Drug Use

Week 11 Alcohol and Other Drug Use

Week 12 Growth and Development

Week 13 Nutrition (Nov.)

Week 14 Nutrition

Week 15 Family Living

Week 16 Environmental Health

Week 17 CPR and Automated External Defibrillator (AED)

Week 18 Health Careers

Week 19 Disease Prevention

Week 20 Disease Prevention

Week 21 Sex Education/Aids Education (Aspire)/Choosing the Best LIFE

Week 22 Sex Education/Aids Education (Aspire)/Choosing the Best LIFE

Week 23 Sex Education/Aids Education (Aspire)/Choosing the Best LIFE

Week 24 Sex Education/Aids Education (Aspire)/Choosing the Best LIFE

Week 25 Sex Education/Aids Education (Aspire)/Choosing the Best LIFE

Week 26 Sex Education/Aids Education (Aspire)/Choosing the Best LIFE

Week 27 Motor Skills

Week 28 Physical Fitness

Week 29 Fitness Assessment

Week 30 Fitness Assessment

Week 31 Outdoor Education

Week 32 Outdoor Education

Week 33 Lifetime Sports

Week 34 Lifetime Sports

Week 35 Personal Fitness

Week 36 Personal Fitness