



Program Overview



**GLENCOE
HEALTH**

Physical Activity and Fitness



LESSONS

- 1 [Benefits of Physical Activity](#)
- 2 [Improving Your Fitness](#)
- 3 [Planning a Personal Activity Program](#)
- 4 [Fitness Safety and Avoiding Injuries](#)

Welcome to *Glencoe Health*

High school is a critical period in students' lives that prepares them for success as they transition into adulthood. *Glencoe Health*, a market-leading high school health curriculum, provides age-appropriate health content which allows students to practice and apply essential skills for achieving optimal health and wellness in a variety of situations. Research-based strategies and proven methods of engaging students have been integrated into this updated design, and it features a flexible instructional model that supports traditional, digital, or blended learning.

Glencoe Health supports the development of all students into health-literate individuals with differentiated content that informs, guides, and encourages young adults to practice behaviors that enhance their well-being and safety. With a new and enhanced emphasis on social and emotional learning, *Glencoe Health* focuses on 10 critical health skills that align with the National Health Standards. These 10 health skills were identified by health educators across the country as essential for students to promote health and contribute to overall wellness:

- Accessing Information
- Stress Management
- Conflict Resolution
- Analyzing Influences
- Communication
- Self-Management and Practicing Healthful Behaviors
- Refusal Skills
- Decision Making
- Goal Setting
- Advocacy



Glencoe Health Table of Contents

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Module 2	Taking Charge of Your Health	Module 16	Endocrine and Reproductive Health
Module 3	Achieving Mental and Emotional Health	Module 17	The Beginning of the Life Cycle
Module 4	Managing Stress and Coping with Loss	Module 18	The Life Cycle Continues
Module 5	Mental and Emotional Problems	Module 19	Medicines and Drugs
Module 6	Skills for Healthy Relationships	Module 20	Tobacco
Module 7	Family Relationships	Module 21	Alcohol
Module 8	Peer Relationships	Module 22	Illegal Drugs
Module 9	Resolving Conflicts and Preventing Violence	Module 23	Communicable Diseases
Module 10	Nutrition for Health	Module 24	Sexually Transmitted Diseases and HIV/AIDS
Module 11	Managing Weight and Eating Behaviors	Module 25	Noncommunicable Diseases and Disabilities
Module 12	Physical Activity and Fitness	Module 26	Safety and Injury Prevention
Module 13	Personal Health Care	Module 27	First Aid and Emergencies
Module 14	Skeletal, Muscular, and Nervous Systems	Module 28	Community and Environmental Health

Human Sexuality Optional Supplement

Module 1	Sexuality and You
Module 2	Relationships
Module 3	The Reproductive System
Module 4	Marriage and Parenthood
Module 5	Pregnancy and Childbirth
Module 6	Sexuality and Gender
Module 7	Sexually Transmitted Diseases
Module 8	HIV and AIDS

New Updated Content

In addition to the 10 critical health skills, *Glencoe Health* helps students explore up-to-date information and statistics on timely, relevant topics like:

- COVID-19 pandemic and other communicable diseases.
- Latest MyPlate guidelines and nutrition label updates.
- Child safe surrender laws.
- Alcohol and drugs (including opioid and heroin abuse).
- Tobacco use, e-cigarettes, and vaping.
- Violence prevention (including reporting firearms in school).
- Cyberbullying, privacy and online harassment.
- STD/STIs (including HIV/AIDS).
- Content related to Erin’s Law (covering sexual abuse prevention).
- Optional supplemental Human Sexuality modules.



Avoiding Alcohol

MAIN IDEA You will experience many benefits if you choose to live alcohol-free.

There are many adults who choose to live alcohol-free. Others choose to drink alcohol occasionally and responsibly. However, alcohol can be addictive, and once you start drinking, it may be difficult to stop. Teens who start drinking by age 15 are five times more likely to become dependent on alcohol than those who do not start drinking until age 21.

Benefits of Avoiding Alcohol

- **Maintaining a healthy body.** You will avoid the brain and other body organs. You reduce your chances of being injured in an accident.
- **Establishing healthy relationships.** You can talk to your family about your activities and habits that may strain their family relationships as they get older.
- **Making healthy decisions.** Drinking alcohol can lead to poor decisions. By abstaining from alcohol, you can avoid decisions that protect your health. You can make healthy choices, such as drinking responsibly.
- **Living within the law.** Purchasing or possessing alcohol for anyone under 21. By remaining alcohol-free, you can avoid legal problems.
- **Avoiding violence.** Avoiding alcohol reduces the risk of participating in a violent crime.
- **Achieving your goals.** Being alcohol-free helps you stay physically and mentally healthy.

Reading Check
Explain How can living alcohol-free help you stay physically and mentally healthy?

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LESSON 4

Emerging Diseases and Pandemics

BIG IDEA Today, infectious diseases have the potential to spread quickly throughout the world.

REAL LIFE ISSUES

Bacteria in Your Food. The Centers for Disease Control and Prevention (CDC) reports that in 2019, more than 1.35 million cases of Salmonella were reported in the United States. About 400 people die each year from severe cases of Salmonella contamination. **Think about foods that you or your family have purchased or prepared. Write a paragraph describing how bacteria can be found in foods, which can lead to a foodborne illness.**

After completing the lesson, review and analyze your response to the Real Life Issues question.

Emerging Infections

MAIN IDEA Some diseases are becoming more dangerous and widespread.

Vaccines and modern technology have saved millions of lives, but communicable diseases are still the top cause of deaths worldwide. Health experts label some communicable diseases as **emerging infections**. These are communicable diseases whose occurrence in humans has increased within the past two decades, or threatens to increase in the near future. Scientists now believe that some diseases once thought to be noncommunicable may, in fact, be caused by pathogens. Such diseases include Alzheimer’s, diabetes, and coronary artery disease.

COVID-19 is a respiratory illness caused by a new coronavirus. Coronaviruses cause respiratory infections in humans and other animals that range from the common cold to SARS and COVID-19. Symptoms of COVID-19 include fever, dry cough, fatigue, and difficulty breathing. Some people experience a loss of taste or smell, headache, vomiting, and diarrhea. In March 2020, the World Health Organization (WHO) declared COVID-19 a **pandemic**. A pandemic is a global outbreak of an infectious disease.

Form Meaningful Relationships

Meaningful relationships, such as those with friends, are crucial to the development of your identity and support system that can help you build confidence, security and belonging. Within a meaningful relationship, you can give and receive **constructive criticism**. For example, in a school debate, you might make helpful suggestions to your friend or offering blame.

Contribute to the Community

Your community is your extended support system. Your resources to meet many of your needs. For a however, all of its members must participate in the community by volunteering is part of being a volunteer within your community, you improve gain a sense of accomplishment, and raise your

BEFORE YOU READ
Organize Information. Make a table and label the columns “Disease,” “How It’s Spread,” and “Prevention Strategies.” As you read, fill in the chart with information about the

Reading Check
List What are three strategies to use social media safely, respectfully, and legally?

Preventing Cyberbullying

MAIN IDEA Cyberbullies use several types of technology to attack another person.

The best way to avoid becoming the victim of a cyberbully is to do what you can to prevent it from occurring. Each teen who uses social media can help to prevent the spread of cyberbullying. Avoid including personal information about yourself in text messages, email, or social networks. Another important rule to remember is that any photo that you post online will remain online forever. Even if you delete a photo, a person with good computer skills can retrieve the image. This includes photos that are sent via email, posted to a social network site, or sent via text. When cyberbullying occurs, write down and report the behavior. Other steps you can take to stop cyberbullies include:

- Do not respond to cyberbullying messages.
- Do not forward cyberbullying messages.
- Block the person who is cyberbullying.
- Visit social media safety centers to learn how to block users.
- Keep evidence of cyberbullying. Write down the dates, times, and descriptions of incidents. Save and print screenshots, e-mails, text messages, etc.

The Internet can be a useful tool for keeping in touch with your friends. What precautions should you take to protect your safety online?

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This player relies on his coach for honest feedback. Who else might a teen rely on for honest feedback?

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