



# 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

<b>Module 1</b>	Understanding Health and Wellness	<b>Module 15</b>	Cardiovascular, Respiratory, and Digestive Systems
<b>Module 2</b>	Taking Charge of Your Health	<b>Module 16</b>	Endocrine and Reproductive Health
<b>Module 3</b>	Achieving Mental and Emotional Health	<b>Module 17</b>	The Beginning of the Life Cycle
<b>Module 4</b>	Managing Stress and Coping with Loss	<b>Module 18</b>	The Life Cycle Continues
<b>Module 5</b>	Mental and Emotional Problems	<b>Module 19</b>	Medicines and Drugs
<b>Module 6</b>	Skills for Healthy Relationships	<b>Module 20</b>	Tobacco
<b>Module 7</b>	Family Relationships	<b>Module 21</b>	Alcohol
<b>Module 8</b>	Peer Relationships	<b>Module 22</b>	Illegal Drugs
<b>Module 9</b>	Resolving Conflicts and Preventing Violence	<b>Module 23</b>	Communicable Diseases
<b>Module 10</b>	Nutrition for Health	<b>Module 24</b>	Sexually Transmitted Diseases and HIV/AIDS
<b>Module 11</b>	Managing Weight and Eating Behaviors	<b>Module 25</b>	Noncommunicable Diseases and Disabilities
<b>Module 12</b>	Physical Activity and Fitness	<b>Module 26</b>	Safety and Injury Prevention
<b>Module 13</b>	Personal Health Care	<b>Module 27</b>	First Aid and Emergencies
<b>Module 14</b>	Skeletal, Muscular, and Nervous Systems	<b>Module 28</b>	Community and Environmental Health

## ***Human Sexuality Optional Supplement***

<b>Module 1</b>	Sexuality and You
<b>Module 2</b>	Relationships
<b>Module 3</b>	The Reproductive System
<b>Module 4</b>	Marriage and Parenthood
<b>Module 5</b>	Pregnancy and Childbirth
<b>Module 6</b>	Sexuality and Gender
<b>Module 7</b>	Sexually Transmitted Diseases
<b>Module 8</b>	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 grow.
- **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 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 your family, 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 your 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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