**Freshmen Health**

**Unit 1 - Lifestyle Choices and Behavior**

1. *What are the leading causes of death in the United States?*
2. *What are the main components of someone who is considered to be “a well person?”*
3. *What are the 5 components of Health?*
4. *What are the 4 factors that shape a person’s motivation?*
5. *What are the 6 steps to Goal Setting?*

**Unit 2 - Emotional Health and Stress**

1. *What are the 5 ways in which a person resolves a conflict?*
2. *What are the steps to properly dealing with an emotion?*
3. *What are the differences between assertive and passive behaviors?*
4. *What are the 6 steps toward making a decision?*

**Unit 3 - Body Systems and Nutrition**

1. *What are the systems of the body and what is the main function of each system?*
2. *What are the 6 classes of nutrients and how can each class help you improve your nutrition level?*
3. *How do nutrient deficiencies affect the body?*
4. *What are the appropriate methods for weight loss and weight gain?*
5. *How does behavior modification play a role in being nutritious and maintaining the appropriate weight and eating habits?*

**Unit 4 - Drug Use and Abuse**

1. *What information does a person obtain by reading medicine labels?*
2. *What is the main difference between prescription and over-the-counter drugs?*
3. *How does drug use, abuse, and misuse differ in it’s basic definition?*
4. *What are the commonly abused drugs that exist?*
5. *What are the five classifications of drinkers?*
6. *How does smoking cigarettes affect the body in a negative way?*

**Unit 5 - Disease Prevention**

1. *What are 3 main barriers to infectious diseases?*
2. *What are the 5 courses of a disease?*
3. *What are some common sexually transmitted diseases that affect our society?*
4. *What is the major sexually transmitted disease that has changed our society and the way we think about safe sex?*
5. *What major lifestyle diseases lead our nation in the killing of citizens?*

**Unit 6 - STD & Pregnancy Prevention**

1. *What are the stages of the sexual response in humans?*
2. *What are the two main sexual orientations that exist in our society?*
3. *What are standard contraceptive methods and their related benefits and effectiveness*
4. *Why are some contraceptive methods frowned on?*