Unit 4 Health Conditions, Diseases and Medicines

Content Area: P.E. & Health
Course(s): Health 3
Time Period: Marking Period 4

Length: **3 days** Status: **Published**

Essential Questions

- How can I prevent the spread of illnesses?
- What is mental health and how can it impact a person's wellbeing?
- What are health conditions and how do they stop the body from working efficiently?

Big Ideas

• There are actions that individuals can take to help prevent diseases and stay healthy.

Enduring Understandings

- 2.3.5.HCDM.1: Identify conditions that may keep the human body from working properly, and the ways in which the body responds.
- 2.3.5.HCDM.2: Describe how to prevent the spread of communicable and infection diseases and conditions (e.g., Lyme Disease, influenza)
- 2.3.5.HCDM.3: Examine how mental health can impact one's wellness (e.g., depression, anxiety, stress, phobias).

Resources

• Immune System Brain Pop:

https://www.youtube.com/watch?v=moj9KQoizA&t=1s

- What is Mental Health Youtube: https://www.youtube.com/watch?v=rSpg5Jxgjfc
- Great Body Shop: Magazine titled Things You Might Catch