

# 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

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- 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

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

## Enduring Understandings

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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

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- **Immune System Brain Pop:**  
<https://www.youtube.com/watch?v=moj9KQ-oizA&t=1s>

- What is Mental Health Youtube: <https://www.youtube.com/watch?v=rSpg5Jxgjf>
- Great Body Shop: Magazine titled Things You Might Catch