## Topical Course Outline

**UNIT 1: ESTABLISHING A BASIS FOR WELLNESS and ENVIRONMENTAL HEALTH**

**Chapter 1:** Taking Charge of Your Health

**Chapter 2:** Stress: The Constant Challenge

**Chapter 3:** Psychological Health

**Chapter 19:** Environmental Health

**Unit 2:**

**GETTING FIT**

**Chapter 12**: Nutrition Basics

**Chapter 13:** Exercise for Health and Fitness

**Chapter 14:** Weight Management

**Unit 3: MAKING RESPONSIBLE DECISIONS: SUBSTANCE USE AND ABUSE**

**Chapter 9:**  The Use and Abuse of Psychoactive Drugs

**Chapter 10:**  The Responsible Use of Alcohol

**Chapter 11:** Toward a Tobacco-Free Society

**Chapter 23:** Dying and Death

**Unit 4:**

**PROTECTING YOURSELF FROM DISEASE**

**Chapter 15:** Cardiovascular Health

**Chapter 16:** Cancer

**Chapter 4:** Intimate Relationships and Communication

**Chapter 18:** Sexually Transmitted Diseases

**Final Exam**