Table E: Health Lessons Recommended Sequence *(click on link)* To Find Aligned National Standards for JROTC Health Substitutions: Health_Lessons_Linked_to_NHES.pdf

HEALTH Lessons Recommended Sequence		
Lesson Number	Lesson Title	Minutes
U3-C1-L5	Pathway to Success [Quarterbacks of Life (QBOL)]	90
U4-C1-L3	The Components of Whole Health	90
U4-C1-L4	Nutrition - You Are What You Eat	180
U4-C1-L6	Controlling Fat	90
U4-C1-L7	Taking Care of Yourself	90
U2-C1-L5	Sexual Harassment/Assault	90
U2-C3-L2	Goal Setting (w/ QBOL SS1)	90
U4-C1-L8	Understanding and Controlling Stress	90
U4-C3-L1	Use & Effect of Drugs, Alcohol, and Substances	90
U4-C3-L2	Critical Decisions about Substances [Interactive Nights Out]	90
U3-C1-L1	Self Awareness (w/ QBOL SS2)	180
U3-C1-L2	Appreciating Diversity through Winning Colors	90
U2-C4-L1	Celebrating Differences - Culture and Individual Diversity	90
U3-C5-L1	Causes of Conflict	90
U3-C5-L2	Conflict Resolution Techniques [Just Two Days]	90
U3-C7-L2	Conflict Resolution and Diversity [Hate Comes Home]	90
U3-C7-L3	Conflict Mediation	90
U3-C7-L4	Violence Prevention [Violence Prevention Profiler]	90
U3-C4-L1	The Communication Process	90
U3-C4-L2	Becoming a Better Listener	90
U3-C4-L3	Communicating in Groups (w/ QBOL SS3)	90
U2-C6-L4	Communication	90
U2-C6-L5	Motivation	90
U2-C4-L4	Decision Making and Problem Solving (w/ QBOL SS4)	90
U2-C4-L3	Negotiating	90
U2-C4-L2	Performance Indicators	90
U2-C4-L9	Mentoring	90
U2-C6-L1	Power Bases and Influence	90
U4-C1-L5	At Risk - Suicide Symptoms and Prevention (w/ QBOL SS5)	90
U4-C2-L1	The Need for First Aid/Your Response	90
U4-C2-L2	The First Life-Saving Steps	90
U4-C2-L3	Controlling Bleeding	90
U4-C2-L4	Treating for Shock and Immobilizing Fractures	90
U4-C2-L5	First Aid for Burns	90
U4-C2-L6	First Aid for Poisons, Wounds, and Bruises	90
U4-C2-L7	Heat Injuries	90
U4-C2-L8	Cold Weather Injuries	90
U4-C2-L9	Bites, Stings, and Poisonous Hazards	90
U3-C8-L1	Orientation to Service Learning* (BOTH)	90
U3-C8-L2	Plan and Train for Your Exploratory Project* (BOTH)	90
U3-C8-L3	Project Reflection and Integration* (BOTH)	90