

## Health\*

### **COURSE DESCRIPTION:**

This Health course will help you develop the knowledge and skills you need to make healthy decisions that allow you to stay active, safe and informed. The lessons and activities are designed to introduce students to important aspects of the main types of health: emotional and mental, social and consumer, and physical. Among other topics, you will explore nutrition, understanding and avoiding disease, first aid and CPR, and human sexuality. You will find out about the components of a healthy lifestyle and ways to approach making healthy choices and decisions.

### **COURSE OBJECTIVES:**

- Introduce students to concepts and applications of the main types of health: mental and emotional, social and consumer, and physical
- Introduce methods and strategies for decision-making for healthy life choices
- Present opportunities for students to apply their value systems to decisions concerning health
- Introduce and assess communication skills that demonstrate healthy choices with respect for self, family and others
- Introduce resources provided by online sources, parents, friends and community members in making healthy choices

**PREREQUISITES:** None

**COURSE LENGTH:** One semester

**REQUIRED TEXT:** None

### **COURSE OUTLINE:**

#### **UNIT I: Mental and Emotional Health**

Section 1 - Introduction to Health Education  
Section 2 - Types of Health  
Section 3 - Introduction to Mental and Emotional Health  
Section 4 - Understanding and Managing Emotions  
Section 5 - Understanding Stress  
Section 6 - Understanding Depression, Suicide, and Death  
Section 7 - Understanding and Developing Identity

#### **UNIT II: Social and Consumer Health**

Section 1 - Introduction to Social and Consumer Health  
Section 2 - Governmental Agencies  
Section 3 - Making Good Health Choices

#### **UNIT III: Physical Health: Nutrition**

Section 1 - Introduction to Nutrition  
Section 2 - Food Pyramid  
Section 3 - Essential Nutrients

\* = One semester (.5 credit) course

## Health\* (continued)

### **COURSE OUTLINE (continued):**

#### **UNIT IV: Physical Health - Preventing Disease**

- Section 1 - Introduction to Preventing Disease
- Section 2 - Infectious and Non-Infectious Diseases
- Section 3 - Infectious Diseases Continued
- Section 4 - Chronic Diseases

#### **UNIT V: Physical Health - First Aid and CPR**

- Section 1 - Introduction to First Aid and CPR
- Section 2 - Adult and Child CPR
- Section 3 - First Aid
- Section 4 - Special Situations and Safety

#### **UNIT VI: Physical Health - Human Sexuality**

- Section 1 - Introduction to Human Sexuality
- Section 2 - Physical Anatomy and Development
- Section 3 - Introduction to Contraception
- Section 4 - Sexually Transmitted Diseases
- Section 5 - Dating and Sex
- Section 6 - Conception, Fetal Development, and Birth
- Section 7 - Decisions: Abstinence

#### **UNIT VII: Physical Health - Drug and Alcohol Awareness**

- Section 1 - Introduction to Drug and Alcohol Awareness
- Section 2 - Alcohol Awareness
- Section 3 - Illegal Drug Awareness
- Section 4 - Tobacco Awareness

\* = One semester (.5 credit) course