

# Health Science I

Length of course: Quarter 1, 9 weeks; Quarter 2, 9 weeks

## Introduction:

Welcome to Health I. By successfully completing the required work and attendance requirements, you will be able to take Health II.

## Course Description:

Health I is designed to enable students to obtain the knowledge and skills necessary to make informed decisions for a lifetime. In Health I, students explore a broad range of topics that relate to one of the following priority health areas as determined by the Centers for Disease Control and Prevention:

- Nutrition, dietary practices and physical fitness
- Prevention and reduction of tobacco use
- Prevention of drug and alcohol use
- Intentional and unintentional injuries
- HIV/AIDS/sexually transmitted infections
- Unintentional pregnancies

## Scope and Sequence (National Standard met in parenthesis)

### I. Introduction to Health (1, 4)

- Wellness
- Personal Health Assessment
- Developing a healthy lifestyle

### II. Building Health Life Skills (1, 2, 3, 5, 7)

- Self-esteem, goal setting, values and decision-making
- Communication
- Refusal Skills

### III. Substance Abuse- Tobacco and Alcohol (1, 2, 3, 5, 6, 7)

- Efforts- short and long term
- Prevention of use and abuse
- Risk behaviors
- Addiction and treatment

### IV. Substance Abuse- Illegal Drugs (1, 3, 4)

- Definitions

- Inhalants, marijuana and club drugs
- Stimulants, hallucinogens, opiates
- Addiction and treatment

#### V. Asthma Awareness (1, 3)

- Definition
- Symptoms
- Treatment - action plan
- Emergency treatment

#### VI. Sexually Transmitted Infections (1, 2, 3, 5, 6, 7)

- Types
- Symptoms
- Treatment and complications
- Prevention, reducing risk

#### VII. Nutrition (1, 2, 3)

- Guidelines for healthful eating/ food guide pyramid
- Healthy living skills
- Personal diet analysis
- Weight management
- Eating disorders

#### III. Communicable Diseases (1, 2, 3)

- Definition/ causes/ transmission
- Prevention and role of immune system
- Common diseases
- Emerging diseases

#### IX. Non-Communicable Diseases (1, 3, 7)

- Definition/ causes/ risk factors
- Common diseases
- Reducing your risk and prevention
- Treatment and management of diseases

#### X. Human Sexuality (1, 3, 5, 7)

- Reproductive systems, pregnancy and childbirth
- Risks of sexual behavior

- Teen Pregnancy and parenting
- Contraceptive choices
- Reasons to choose abstinence

#### XI. HIV and AIDS (1, 2, 3, 4, 5, 7)

- Definition, transmission and symptoms
- Testing
- Treatment
- Preventing, reducing your risk

#### XII. Family Relationships (4, 5, 7)

- Role of family relationships
- Change and the family
- Dealing with family crisis
- Support systems

#### **Course Objectives:**

##### Students will:

- Analyze the role of the individual responsibility for enhancing personal health.
- Evaluate a personal health assessment to determine strategies for health enhancement and risk reduction.
- Develop strategies to improve or maintain personal, family, and community health.
- Analyze how behavior can impact health maintenance and disease and prevention.
- Analyze how the family, peers, and community influence the health of individuals.
- Describe how to delay onset and reduce risks of potential health problems during adulthood.
- Analyze how cultural diversity enriches and challenges health behaviors.
- Demonstrate skills for communicating effectively with family, peers, and community.
- Demonstrate the ability to utilize various strategies when making decisions related to health needs and risks.
- Demonstrate the ability to influence and support others in making positive health choices.