

Course Name: Health Science I Online

Length of course: Semester 1, 18 weeks; Semester 2, 18 weeks

Introduction:

Welcome to Health Science I. By successfully completing the required work and attendance requirements for semesters 1 and 2, you will earn 1 credit. If you complete the first semester successfully, you will earn 1/2 credit.

Course Description:

Health Science I is designed to enable students to obtain the knowledge and skills necessary to make informed decisions for a lifetime. In Health Science 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:

1. Nutrition, dietary practices and physical fitness
2. Prevention and reduction of tobacco use
3. Prevention of drug and alcohol use
4. Intentional and unintentional injuries
5. HIV/AIDS/sexually transmitted infections
6. 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

VIII. 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:

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