

Course Name: **Health (A & B)**

Subject: **Health Education**

Length of course: 1 semester (.5 credit)

**Introduction:**

Welcome to Health (A & B). By successfully completing the required assignment requirements, you will earn .5 credits per semester.

**Course Description:**

Health (Parts A & B) is designed to enable students to obtain the knowledge and skills necessary to make informed decisions for a lifetime. In Health, 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 (CDC):

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)

**Part A**

I. Introduction to Health (1, 4)

- Wellness
- Personal Health Assessment
- Developing a healthy lifestyle

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

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

III. Nutrition (1, 2, 3)

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

#### IV. Tobacco and Alcohol (1, 2, 3, 5, 6, 7, 8)

- Prevention - Use & Abuse
- Effects
- Treatment

#### V. Substance Abuse- Tobacco and Alcohol Part II (1, 2, 3, 5, 6, 7, 8)

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

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

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

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

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

#### VIII. Final Exam

##### **Part B**

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

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

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

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

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

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

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

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

#### V. 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

#### VI. Family Relationships (4, 5, 7, 8)

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

#### VII. Final Exam

##### **National Health Education Standards**

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
3. Students will demonstrate the ability to access valid information and products and services to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.

7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid health risks.

8. Students will demonstrate the ability to advocate for personal, family, and community health.

**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.