

Health 1: Life Management Skills Course Syllabus

What you will learn in this course

Health 1: Life Management Skills

Think about the healthiest person you know. What does that person do to stay healthy? While some parts of our health are determined by genetics and other factors out of our control, the reality is that each of us has the ability to impact our health in positive ways. In Health 1: Life Management Skills, you'll learn how to promote better health, less stress, and a fuller life for yourself. You'll explore lifestyle factors that can influence your health, from how you interact with others to how best to make decisions about your health care. You'll also have the opportunity to create a plan for improving your health, and you'll learn how to create a healthy environment with family and friends to help you achieve your health goals.

Unit 1: What Is Health?

What does it mean to be healthy? In the simplest terms, it means taking care of the body and the mind. Many factors determine a person's health, including personal choices around diet and exercise. Access to professional health care is another important part of a healthy lifestyle. Societies also need to create a healthy environment by considering the origins of health issues and working to address them.

What will you learn in this unit?

- Evaluate how environment and personal health are interrelated.
- Evaluate the relationship between access to health care and health status.
- Propose strategies to reduce or prevent injuries and health problems.
- Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases.

Unit 2: Factors That Determine Health

Health is largely determined by choices we make every day, so part of being healthy is developing good habits. Eating nutritious foods and exercising regularly are part of a healthy lifestyle. Avoiding smoking and illegal drugs can also go a long way toward promoting personal health. Those around you also influence health. Family members have a powerful role in shaping health. Family histories make some illness and conditions more likely, and daily interactions shape behavior. Finding support among family and friends for healthy choices is just one of the many ways to maintain a healthy lifestyle.

What will you learn in this unit?

- Predict how healthy behaviors can affect health status.
- Analyze how heredity and family history can impact personal health.

- Compare how peers influence healthy and unhealthy behaviors.
- Interpret the significance of interrelationships in mental/emotional, physical, and social health.

Unit 3: Health & the Community

Messages about health are all around us, and many of these come through the media. In some cases, the media offer helpful guidance to allow people to make good decisions about their health. In others, health is a vehicle for advertising, which is more about gaining customers than forwarding healthy habits. Consumers need to be mindful of the way these messages shape their decisions about health. Individuals also get messages about health through the government and schools, both of which can provide the information required to make healthy choices. Ultimately, health depends on individuals making the right choices, whether choosing not to smoke or planning for a future career that will make necessities for a healthy life, such as health insurance and nutritious food, part of the future.

What will you learn in this unit?

- Assess how the school and community can affect personal health practices and behaviors.
- Evaluate how public health policies and government regulations can influence health promotion and disease prevention.
- Explore the effect of media on personal and family health.
- Investigate the impact of technology on personal, family, and community health.

Unit 4: Perception Versus Reality

It's easy to think that you are different or that everyone else is making better choices. This is rarely the reality. While factors such as culture will mean that you have a lot in common or tend to make certain decisions, it's not the only factor in determining what is normal. The most important factor is individual choice and understanding what goes into making a good decision. Everybody faces moments when the unhealthy choices seems like the popular ones, but seeing past that will put you on the right path. Decisions should be made based upon an individual's values and goals, not what those around him are doing. Your health depends on the choices you make, too, and understanding that will help you choose wisely.

What will you learn in this unit?

- Analyze how culture supports and challenges health beliefs, practices, and behaviors.
- Understand how the perceptions of norms influence healthy and unhealthy behaviors.
- Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.
- Assess refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.

Health 1 Midterm Exam

- Review information acquired and mastered from this course up to this point.
- Take a course exam based on material from the first four units in this course (Note: You will be able to open this exam only one time.)

Unit 5: Is There a Doctor in the House?

Part of being healthy is taking good care of yourself. But what happens when you need more care than that? That's when it's time to turn to medical professionals. Knowing what kind of help you need and whom to turn to get it is an important part of being healthy. Most of us are familiar with a trip to the doctor's office, but how do you know when to call an ambulance? Or who can help with a mental health problem? This unit will address these questions and explore some of the ways to make decisions about your health. The unit also looks at the technology that doctors have at their disposal to diagnose and treat medical conditions. Informed patients are in the best position to make decisions about their health, and there are many resources available to educate individuals about health-related decisions.

What will you learn in this unit?

- Justify when professional health services or providers are required.
- Compile data reflecting the accessibility of resources from home, school, and community that provide valid health information.
- Recognize the value of applying a thoughtful decision-making process in health-related situations.
- Generate alternatives to health-related issues or problems.

Unit 6: Working Together for Health

Communication is an important part of working well with anyone. Because positive relationships are an essential element in a healthy life, good communication skills can lead to better health. There are many different ways to communicate; some are more effective than others. In addition, the audience and context also determine what type of communication is best. Fortunately, communication skills can be learned, and these lessons are particularly useful when conflicts arise. There are few relationships in which people agree about everything all the time, and how people handle differences is one of the factors that separates the good relationships from the unhealthy ones. Communication is also one of several factors that assists with good decision making. Thus there are many ways in which communication is the foundation for good health.

What will you learn in this unit?

- Explain skills needed to communicate effectively with family, peers, and others to enhance health.
- Analyze the validity of ways to ask for and offer assistance to enhance the health of self and others.
- Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
- Examine barriers that can hinder healthy decision making.

Unit 7: Taking Responsibility for Your Health

Good health does not just happen. It's the result of a lot of attention to health. This includes not only developing health and exercise habits but also understanding the other elements of a healthy lifestyle. For example: Having a plan to manage stress can help maintain overall health.

Fortunately, there are many ways to choose health every day, and these choices can have both short-term and long-term benefits. Assessing your overall health is the first step in developing a plan for health. The best path toward improving health depends upon where you start. (And those with chronic conditions will have their own challenges.) Nevertheless, the path to becoming your healthiest self becomes easier when you have a plan.

What will you learn in this unit?

- Evaluate personal health practices and overall health status to include all dimensions of health.
- Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks.
- Implement strategies and monitor progress in achieving a personal health goal.
- Formulate an effective long-term personal health plan.
- Analyze the role of individual responsibility in enhancing health.

Unit 8: Sharing the Health

Have you ever heard the saying, "It takes a village to raise a child"? That saying is not just about rearing youth; it's about the importance of community. Communities can do a lot to promote the health of their members. When these efforts pay off, the results are obvious. Just being part of a larger community brings health advantages, and when these communities make health a priority, everybody benefits. Communicating information about health is one important factor, as is understanding how to effectively get the message across. The gestures of a single person can have a significant impact when community resources are used to address the problem.

Fortunately, several organizations are dedicated to determining which health problems are most probable and finding effective ways to address them, giving communities the tool that they need to get across important information about health

What will you learn in this unit?

- Demonstrate how to influence and support others in making positive health choices.
- Utilize current, accurate data/information to formulate a health-enhancing message.
- Work cooperatively as an advocate for improving personal, family, and community health.
- Adapt health messages and communication techniques to a specific target audience.
- Analyze decisions and strategies using probability concepts.

Health 1 Final Exam

- Review information acquired and mastered from this course up to this point.

- Take a course exam based on material from units five to eight in this course – the last six units. (Note: You will be able to open this exam only one time.)