

Health

Course Code: HTH101

Course Description: The goals of this course include giving you facts, data and statistics relevant to factors that impact living a healthy life. But facts alone don't matter unless we can present this health information within a context that will help you shape your beliefs about those factors and provide decision making strategies to create positive change in your life. Throughout the course you will have the opportunity to analyze and evaluate situations related to health, which will provide you with information and skills for good decisions in your healthy future!

Course Outline:

Unit 1: Introduction to Health & Wellness

- Medical Model
- Environmental Model
- Wellness
- A Continuum
- Life Expectancy

Unit 2: Decision Making

- Influences
- Problems with Decision Making
- Common Methods of Decision Making
- Strategies & Tools
- Ethical & Moral Decision Making

Unit 3: Body Systems

- An investigation
- Decision Making

Unit 4: Nutrition

- Calories & Macronutrients
- Metabolism & Energy Calculations
- External Factors, Fad Diets & Labels
- Water & Micronutrients
- Nutrition & Performance
- Body Mass Index (BMI)
- Food Groups & Pyramids
- Dietary Analysis

Unit 5: Exercise

- Physical Effects
- Mental Benefits

- Blood Pressure & Pulse

Unit 6: Mental Health

- Emotions
- Stress & Stressors
- Depression

Unit 7: Drugs

- Alcohol
- Tobacco
- Prescription Medication
- Illicit Drugs

Unit 8: Disease

- Infectious Disease
- Non-Infectious Disease
- Disease Prevention

Unit 9: STDs and HIV

- Kinds of Infections
- Risks of Sexual Activity

Unit 10: Acting responsibly

- Concepts of First Aid and CPR
- Addiction
- Living Responsibly

Course Objectives:

Student will:

- Acquire the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition.
- Acquire the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely.
- Analyze and evaluate the impact of real-life influences on health.
- Effectively analyze health and safety information to develop health and fitness plans based on life goals.

Number/Description of Assignments, Projects, Activities, etc:

Weekly discussion posts

17 - learning activities/ assignments

10 Exams - There is an exam at the end of each unit in the course. These computer-graded exams provide students with instant feedback on their work.

Materials: All course materials have been approved for district use.

Timelines & Methods for evaluating student progress: Students are expected to log in daily and submit assignments on a weekly basis. Progress will be evaluated each month based on progress towards assignment completion of assignments.

This course meets state and district graduation requirements in the area of Physical Education—Health .5 credits.

Weekly contact will be conducted through a submitted assignment with instructor feedback. Students who do not submit an assignment are expected to email or call his/her instructor.

Each student is expected to spend a minimum of five hours per week on this course. Additional hours may be necessary to complete the course successfully.

Beginning & end date are noted in the assignment due dates located in the grade book.