

Course Syllabus

Course Description

This comprehensive health course provides students with essential knowledge and decision-making skills for a healthy lifestyle. Students will analyze aspects of emotional, social, and physical health and how these realms of health influence each other. Students will apply principles of health and wellness to their own lives. In addition, they will study behavior change and set goals to work on throughout the semester. Other topics of study include substance abuse, safety and injury prevention, environmental health, and consumer health.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Holistic Health**
 - 1.1 What is Health?
 - 1.2 Decision-Making Skills
- **Unit 2: Mental Health**
 - 2.1 Mental Health
 - 2.2 Coping Skills
 - 2.3 Stress & Time Management
- **Unit 3: Social Health**
 - 3.1 Healthy Relationships
 - 3.2 Communication
- **Unit 4: Physical Health**
 - 4.1 Physical Wellness
 - 4.2 Nutrition
 - 4.3 Reproductive Health
- **Unit 5: Diseases & Drugs**
 - 5.1 Disease Transmission & Prevention
 - 5.2 Drugs & Alcohol
- **Unit 6: Health & Safety**
 - 6.1 Consumer & Environmental Wellness
 - 6.2 Safety & Injury Prevention
- **Unit 7: Health Interventions**
 - 7.1 Health Behavior Interventions

Within each section you will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lessons about the section topic
3. **Field Trip**—links to other online sites with additional fitness information
4. **Reflection***—a journal reflection on material learned
5. **Discussion***—class discussion on an assigned topic
6. **Assignment***—section assignment
7. **Vocab Check**—an practice exercise to test your knowledge of vocabulary
8. **Quiz***—quiz covering information from the lessons

Health & Personal Wellness

The items noted with an asterisk above are those that must be submitted for a grade. The “Course Introduction” section has more detailed information on the navigation and tasks for this course.

Assignments and Grading

Each section of this course is designed to be completed in about one week’s time. Please see the detailed schedule for more information on points possible and due dates.

Materials

There are no required materials for this course.

Technical Requirements

A PDF reader and a word-processing program are required for this course. It is also recommended that you have either a Flash player or MP4 player. Below you will find links to download free or trial versions of these programs.

- Flash Player, <http://get.adobe.com/flashplayer/>
- Adobe Reader, <http://get.adobe.com/reader/>
- QuickTime MP4 Player, <http://www.apple.com/quicktime/download/>
- Word Processing Programs:
 - Microsoft Word, <http://office.microsoft.com/en-us/try/>
 - Open Office, <http://www.openoffice.org/download/>