

Course Description:

This course provides an overview of how behavior affects health. The broad range of topics include nutrition and physical activity; growth, development, and sexual health; injury and safety prevention; alcohol, tobacco, and other drugs; mental, emotional, and social health; and personal and community health. Students will explore how the choices they make about their bodies affect both their present and future. They will also be given the tools to make informed decisions to better their health.

Course Objectives:

- Examine the connection between relationships and health by exploring the characteristics of positive and negative relationships.
- Determine the importance of strategies for managing stress, loss, and grief by describing the impact of stress, loss, and grief on health and well-being.
- Identify the impact of anxiety, depression, and eating disorders on a person's health by describing the characteristics of these mental health problems and identifying treatment options.
- Examine health risks by describing the threats posed by infectious materials, disease, and pollution.
- Explain human reproduction by describing human reproductive systems and pregnancy.
- Determine the risks associated with sexually transmitted infections (STIs) by highlighting the characteristics of common STDs.
- Investigate the effects of alcohol, drugs, and tobacco on the body and the mind by examining the characteristics of these substances and explaining why people become addicted.
- Identify risks for physical injuries by describing the threats posed by motor vehicle accidents, natural disasters, and violence.
- Identify strategies for managing health emergencies by describing first aid, water and fire safety, and emergency rescue procedures.
- Look at the effects of diet and exercise on health by describing dietary and physical activity guidelines and explaining the risks of poor diet and exercise.

Required Materials:

- Internet browser

Schedule of Work:

Unit 1: Mental, Emotional, and Social Health

Video: Stress Management and Assistance (Lesson 2)

Infographics: Stages of Grief (Lesson 3) and Professional Help for Mental Health (Lesson 5)

Text Activities

- Lesson 1: Positive Relationships
- Lesson 2: Stress and Stress Management
- Lesson 3: Grief and Loss
- Lesson 4: Personal Body Image
- Lesson 5: Mental Health Professional Services

Workbook Questions (Lessons 1–5, two to three questions per content piece)

Discussion Board (Lessons 1–5)

Checkpoint (Lessons 1–4, 10 questions each)

Unit 1 Exam (Lesson 5, 20 questions)

Project: Healthy Relationships and Lifestyles Project Check-in (Lessons 1, 3, 5)

Unit 2: Personal and Community Health

Videos: Promote Community Health and Wellness (Lesson 8)

Infographics: Recognizing Pathogens and Symptoms of Illness and Disease (Lesson 6) and External Health Risks (Lesson 7)

Text Activities

- Lesson 6: Personal Health and Care
- Lesson 7: Environmental Health Risks
- Lesson 8: Global and Community Health
- Lesson 9: Standard (Universal) Procedures
- Lesson 10: Self-Care and Personal Hygiene

Workbook Questions (Lessons 6–10, two to three questions per content piece)

Discussion Board (Lessons 6–10)

Checkpoint (Lessons 6–9, 10 questions each)

Unit Exam (Lesson 10, 20 questions)

Project: Healthy Relationships and Lifestyles Project Check-in: Part 2 (Lessons 7 and 9)

Unit 3: Growth, Development, and Sexual Health

Video: Dating and Healthy Relationships (Lesson 15)

Infographics: Female/Male Reproductive Anatomy (Lesson 11), HIV vs. AIDS (Lesson 13)

Text Activities

- Lesson 11: Reproductive Anatomy
- Lesson 12: Pregnancy and Development
- Lesson 13: Sexually Transmitted Infections
- Lesson 14: HIV and AIDS
- Lesson 15: Sexual Health

Workbook Questions (Lessons 11–15, two to three questions per content piece)

Discussion Board (Lessons 11–15)

Checkpoint (Lessons 11–14, 10 questions each)

Unit 3 Exam (Lesson 15, 18 questions)

Project: Healthy Relationships and Lifestyles Project Check-in: Part 3 (Lessons 11, 13, and 15)

Unit 4: Alcohol, Tobacco, and Other Drugs

Video: none

Infographics: Types of Drugs (Lesson 18)

Text Activities

- Lesson 16: Alcohol
- Lesson 17: Tobacco
- Lesson 18: Drugs
- Lesson 19: Consequences of Alcohol, Tobacco, and Drugs
- Lesson 20: Drug Prevention

Workbook Questions (Lessons 16–20, two to three questions per content piece)

Discussion Board (Lessons 16–20)

Checkpoint (Lessons 16–19, 10 questions each)

Unit 4 Exam (Lesson 20, 19 questions)

Unit 5: Injury Prevention and Safety

Videos: Importance of CPR (Lesson 21), Gangs and Violence (Lesson 25)

Infographics: Natural Disasters and Emergency Situations (Lesson 22), Oral Injuries and Mouth Protection (Lesson 23)

Text Activities

- Lesson 21: First Aid, Fire Safety, and Water Safety
- Lesson 22: Emergency Response
- Lesson 23: Injuries and Prevention
- Lesson 24: Safety Laws & Communication
- Lesson 25: Violence

Workbook Questions (Lessons 21–25, two to three questions per content piece)

Discussion Board (Lessons 21–25)

Checkpoint (Lessons 21–24, 10 questions each)

Unit 5 Exam (Lesson 25, 20 questions)

Unit 6: Nutrition and Physical Activity

Video: Types of Physical Activity (Lesson 29)

Text Activities

- Lesson 26: Basic Nutrition
- Lesson 27: Food Portions and Meals
- Lesson 28: Diet and Effective Eating Habits
- Lesson 29: Physical Activity and Safety
- Lesson 30: Review and Final Exam

Unit 1 and 2 Review

Unit 3 and 4 Review

Unit 5 and 6 Review

Discussion Board

Final Exam

Course Bibliography

End of Course

Workbook Questions (Lessons 26–29, two to three questions per content piece)

Discussion Board (Lessons 26–30)

Checkpoint (Lessons 26–28, 10 questions each)