

Health Foundations*

COURSE DESCRIPTION:

This Health course will help you develop the knowledge and skills you need to make healthy decisions that allow you to stay active, safe and informed. The lessons and activities are designed to introduce students to important aspects of the main types of health: emotional and mental, social and consumer, and physical. Among other topics, you will explore nutrition, understanding and avoiding disease, first aid and CPR, and human sexuality. You will find out about the components of a healthy lifestyle and ways to approach making healthy choices and decisions.

COURSE OBJECTIVES:

- Introduce students to concepts and applications of the main types of health: mental and emotional, social and consumer, and physical
- Introduce methods and strategies for decision-making for healthy life choices
- Present opportunities for students to apply their value systems to decisions concerning health
- Introduce and assess communication skills that demonstrate healthy choices with respect for self, family and others
- Introduce resources provided by online sources, parents, friends and community members in making healthy choices

PREREQUISITES: None

COURSE LENGTH: One semester

REQUIRED TEXT: None

COURSE OUTLINE:

UNIT I: Mental and Emotional Health

Section 1 - Introduction to Health Education
Section 2 - Types of Health
Section 3 - Introduction to Mental and Emotional Health
Section 4 - Understanding and Managing Emotions
Section 5 - Understanding Stress
Section 6 - Understanding Depression, Suicide, and Death
Section 7 - Understanding and Developing Identity

UNIT II: Social and Consumer Health

Section 1 - Introduction to Social and Consumer Health
Section 2 - Governmental Agencies
Section 3 - Making Good Health Choices

UNIT III: Physical Health: Nutrition

Section 1 - Introduction to Nutrition
Section 2 - Food Pyramid
Section 3 - Essential Nutrients

* = One semester (.5 credit) course

Health Foundations* (continued)

COURSE OUTLINE (continued):

UNIT IV: Physical Health - Preventing Disease

- Section 1 - Introduction to Preventing Disease
- Section 2 - Infectious and Non-Infectious Diseases
- Section 3 - Infectious Diseases Continued
- Section 4 - Chronic Diseases

UNIT V: Physical Health - First Aid and CPR

- Section 1 - Introduction to First Aid and CPR
- Section 2 - Adult and Child CPR
- Section 3 - First Aid
- Section 4 - Special Situations and Safety

UNIT VI: Physical Health - Human Sexuality

- Section 1 - Introduction to Human Sexuality
- Section 2 - Physical Anatomy and Development
- Section 3 - Introduction to Contraception
- Section 4 - Sexually Transmitted Diseases
- Section 5 - Dating and Sex
- Section 6 - Conception, Fetal Development, and Birth
- Section 7 - Decisions: Abstinence

UNIT VII: Physical Health - Drug and Alcohol Awareness

- Section 1 - Introduction to Drug and Alcohol Awareness
- Section 2 - Alcohol Awareness
- Section 3 - Illegal Drug Awareness
- Section 4 - Tobacco Awareness

* = One semester (.5 credit) course