

Health 6*

COURSE DESCRIPTION:

This course is designed to equip students with the knowledge and skills necessary to make healthy choices throughout one's lifetime. Students will gain valuable health information and learn healthy, proactive practices. Students will have an opportunity to demonstrate their skills in healthy decision-making, problem solving, goal setting, and effective communication and refusal negotiation. Students will acquire the skills necessary to recognize unhealthy and risky behaviors, manage peer pressure, and develop strategies for improving personal and community health. Student will gain an understanding of the many different influences on one's health and the interrelationships that occur between mental, physical, social, spiritual and environmental health. The course will consist of vocabulary quizzes, discussion sessions amongst peers, multimedia interactive tutorials, lab activities and teacher interactions. Students will be assessed weekly to determine content understanding. After completion of this course, students will understand and be able to begin implementing positive, lifelong, health skills for optimum health and wellness.

COURSE OBJECTIVES:

After completing the course, students will be able to:

- Understand the relationship between mental, physical, social, spiritual and environmental health
- Enhance and maintain personal, family and community health through out the life span
- Practice strategies and skills necessary to enhance personal health and safety
- Recognize physiological and psychological responses to stress
- Monitor, evaluate and adjust stress management skills
- Investigate and identify positive and negative influences on health attitude, behavior and practice
- Demonstrate how to access valid health information, products and services to enhance health

PREREQUISITES: None

COURSE LENGTH: One semester

REQUIRED TEXT: None

COURSE OUTLINE:

Health Promotion and Disease Prevention

- Adolescent Growth and Development
- Health
- Dimensions
- Disease Prevention
- Nutrition
- Dietary Practices
- Physical Activity

* = One semester (.5 credit) course

Health 6* (continued)

COURSE OUTLINE (continued):

Safety and Injury Prevention

- Alcohol, Tobacco and Other Drug Use and Abuse
- Personal Safety
- Violence Prevention
- First Aide and Emergency Response

Factors Influencing Health Attitude, Behavior and Practice

- Social and Family Factors
- Environmental Factors
- Intellectual and Emotional Factors

Self Management

- Personal Goal Setting
- Decision Making Skills
- Conflict Resolution and Problem Solving
- Communication Skills
- Refusal Skills

Stress Management

- Recognizing Physiological and Psychological Responses to Stress
- Monitor, Evaluate and Adjust Stress Management Techniques
- Anger Management

Accessing Valid Health Information

- Health Information, Products and Services
- Safe, Reliable and Valid Internet Sites

* = One semester (.5 credit) course