

Health 8*

COURSE DESCRIPTION:

This course is designed to provide the student with the knowledge and skills that will enable him or her to achieve and maintain a healthful lifestyle. The student will learn health information and practices necessary to understand and manage many aspects of their physical, social, intellectual, spiritual, and emotional health throughout adolescence into adulthood.

COURSE OBJECTIVES:

After completing the course, students will be able to:

- Understand how healthy food choices can lead to a more active and enjoyable lifestyle
- Demonstrate knowledge of puberty changes in males and females
- Understand the processes involved in pregnancy and childbirth
- Develop recognition of and strategies for disease prevention
- Recognize the signs and symptoms of dependency and how to access help
- Become aware of the different types of anxiety disorders and their impact on health
- Understand how relationships impact adolescents throughout their lifespan
- Demonstrate responsible behavior, decision making and refusal skills
- Recognize the importance of self-esteem and mechanisms to enhance it
- Identify stressors and how to effectively manage them
- Identify sexually transmitted diseases and how to prevent them
- Develop life skills in time management and goal setting

PREREQUISITES: Recommended: Health 7

COURSE LENGTH: One semester

REQUIRED TEXT: None

COURSE OUTLINE:

The Healthy Body

- Nutrition
- Adolescent Development
- Pregnancy and Childbirth

Diseases

- Prevention of Diseases and Injuries
- STDs
- HIV/AIDS

Illegal Substances

- Alcohol, drug, and tobacco and steroid use

Healthy Behavior Strategies

- Anxiety Disorders
- Relationships
- Responsibility

Making Positive Choices

- Stress Management
- Decision Making
- Self Esteem
- Consumer Health

* = One semester (.5 credit) course