

Health* – Credit Recovery

COURSE DESCRIPTION:

This course is designed as a survey course in personal health. The course will provide the student with information that will enable him or her to live a more productive and healthy life today and in the future. Emphasis will be on making healthy personal decisions and in retrieving the information necessary to make healthy choices.

COURSE OBJECTIVES:

After completing the course, students will be able to:

- Understand an individual's emotional and psychological well-being
- Identify various kinds of health and issues that surround these various types of health situations
- Discuss how technology is influencing health care
- Tell why a model can be helpful in making decisions
- Explain the benefits of frequent physical exercise
- Recognize the importance of good mental health and symptoms that may indicate a person needs help
- Describe the difference between the eating disorders bulimia and anorexia
- Discuss the importance of planning ahead and examining physical, emotional, and life long consequences when thinking about sexual activity

PREREQUISITES: None

COURSE LENGTH: One semester

REQUIRED TEXT: None

COURSE OUTLINE:

Introduction to Healthful Living

- Areas of Health
- Technological Advances in Physical Health

Mental Health

- Common Mental Health Disorders
- Common Treatments

Human Sexuality

- Definition of Human Sexuality
- Sexually Transmitted Diseases (STDs)
- Contraceptives
- Abstinence
- Pregnancy

* = One semester (.5 credit) course

Health* – Credit Recovery (continued)

COURSE OUTLINE (continued):

Disease – Infectious and Non-Infectious

- Common Infectious Diseases (Non-Harmful)
- Common Infectious Diseases (Harmful)
- Chronic Diseases

Nutrition

- Food Guidelines
- Types of Food
- Activity Levels and Food Servings

Consumer Health Resources

- Government Resources
- Non-Profit Resources
- Personal Consumer Health
- Health Insurance

First Aid and CPR

- Demonstration of CPR for infants, children, and adults
- First Aid facts for Common First Aid Emergencies

Alcohol and Drug Abuse

- Alcoholism
- Drug Addictions: Effects and Treatments

* = One semester (.5 credit) course