

### Course Syllabus

#### Course Description

This comprehensive health course provides students with essential knowledge and decision-making skills for a healthy lifestyle. Students will analyze aspects of emotional, social, and physical health and how these realms of health influence each other. Students will apply principles of health and wellness to their own lives. In addition, they will study behavior change and set goals to work on throughout the semester. Other topics of study include substance abuse, safety and injury prevention, environmental health, and consumer health.

#### Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Health Choices**
  - 1.1 *What is Health?*
  - 1.2 *Decision-Making Skills*
- **Unit 2: Mental Health**
  - 2.1 *Mental Health*
  - 2.2 *Coping Skills*
  - 2.3 *Stress & Time Management*
- **Unit 3: Social Health**
  - 3.1 *Healthy Relationships*
  - 3.2 *Communication*
- **Unit 4: Physical Health**
  - 4.1 *Physical Wellness*
  - 4.2 *Nutrition*
  - 4.3 *Reproductive Health*
- **Unit 5: Diseases & Drugs**
  - 5.1 *Disease Transmission & Prevention*
  - 5.2 *Drugs & Alcohol*
- **Unit 6: Health & Safety**
  - 6.1 *Consumer & Environmental Wellness*
  - 6.2 *Safety & Injury Prevention*
- **Unit 7: Health Interventions**
  - 7.1 *Health Behavior Interventions*

Within each section you will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lessons about the section topic
3. **Field Trip**—links to other online sites with additional fitness information
4. **Reflection\***—a journal reflection on material learned
5. **Discussion\***—class discussion on an assigned topic
6. **Assignment\***—section assignment
7. **Study Hall**—study guides and vocabulary tools to reinforce terms and concepts
8. **Quiz\***—quiz covering information from the lessons

## **Health & Personal Wellness**

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The items noted with an asterisk above are those that must be submitted for a grade. The “Course Introduction” section has more detailed information on the navigation and tasks for this course.

### **Assignments and Grading**

Each section of this course is designed to be completed in about one week’s time. Please see the detailed schedule for more information on points possible and due dates.

### **Materials**

There are no required materials for this course.

### **Technical Requirements**

The multimedia lessons should be viewable on multiple devices and browsers with no additional players. Below the multimedia lessons you will find PDF versions of the lessons. A PDF reader is required to view this. Most devices come equipped with a PDF reader. If not, you can download a free one here: <http://get.adobe.com/reader/>.