

Course Title: Health Education

Department: Science

Course Number: 8075

Grade Level: 9-12

Length of Course: Semester

Prerequisites: None

UC/CSU (A-G) Req: None

Course Description: This course meets District and California State requirements. Health Education is designed to develop the students' knowledge and understanding of what it means to be healthy and how to maintain and improve health throughout their lifetime. Students will learn to develop positive attitudes towards being healthy by becoming problem solvers and to think critically regarding the six dimensions of wellness. A person's overall well-being is achieved by learning and understanding the six dimensions of wellness to include: physical, interpersonal (social), intellectual (mental), emotional, spiritual, and environmental health. The focus of this course is to develop self-directed learners who have the competence to maintain a balance among the dimensions of wellness and make informed decisions regarding their personal health now and in the future.

I. GOALS

The students will:

- A. Understand the essential skills and knowledge to be "health literate"
- B. Demonstrate ways in which they can enhance and maintain their health and well-being
- C. Understand health issues and demonstrate behaviors that prevent disease and recovery from illness
- D. Understand how to avoid risky behaviors and situations to protect their health and well-being
- E. Understand and demonstrate healthy living attitudes

Course Title: Health

- F. Understand and demonstrate how to promote positive health practices within the school and community
- G. Understand the variety of physical, mental, emotional and social changes that occur throughout life
- H. Understand and accept individual differences and how to cultivate positive relationships with their peers
- I. Understand their developing sexuality and treat the sexuality of others with respect
- J. Be able to make informed decisions, modify behaviors and change social conditions in ways that are health enhancing and increase health knowledge

II. OUTLINE OF CONTENT FOR MAJOR AREAS OF STUDY

- A. Six dimensions of wellness
- B. Life skills/health risk behaviors
- C. Body systems
- D. Mental/social/emotional health including respect of others
- E. Communication and active listening
- F. Individual Growth and Development
- G. Bullying/social media responsibility
- H. Suicide awareness and prevention
- I. Nutrition and fitness
- J. Drug abuse and prevention/drug history
- K. Disease prevention
- L. Injury prevention/first aid/CPR
- M. Emergency readiness
- N. Sex education and family health
- O. Relationships
- P. Sexual harassment

III. ACCOUNTABILITY AND DETERMINANTS

- A. Key Assignments
 - 1. Personal Wellness Goal Setting
 - 2. Nutrition
 - 3. Body Systems Activity
 - 4. CPR
 - 5. Impaired Simulations
 - 6. Addiction Simulation - Downhill Slide

- B. Assessment Methods
Assessment of student performance will include but not be limited to:
 - 1. Skill mastery and quality of work
 - 2. Classwork/homework
 - 3. Performance tasks
 - 4. Individual projects/group projects/final projects
 - 5. Individual/group presentations
 - 6. Test and quizzes
 - 7. Research Activities

IV. INSTRUCTIONAL MATERIALS AND METHODOLOGIES

- A. Required Textbook(s): Friedman, David P. et al. Lifetime Health. Austin, Texas: Holt, Rinehart, and Winston, 2004.

- B. Haiku Management Learning System

- C. Supplemental Materials
 - 1. APEX Learning System Health Extended
 - 2. Videos, power points, relevant websites, Internet searches, Ted Talks
 - 3. Guest speakers
 - 4. Models, props, etc.

- D. Instructional Methodologies
 - 1. Direct instruction
 - 2. Class discussions
 - 3. Cooperative learning groups
 - 4. Reflective responses
 - 5. Performance tasks
 - 6. Simulation activities
 - 7. Individual/group projects/presentations
 - 8. Collaborative peer review