



## Health Course Syllabus

### Course Description:

In Health, students will learn to build a healthy foundation for a balanced life, including both the physical and emotional aspects of what it means to attain health. Students will focus on mental and emotional health, including developing self-esteem and character, as well risks associated with mental and emotional health. Students will learn to identify and maintain healthy and safe relationships, and will learn the basics of nutrition and the importance of physical activity for overall health. Students will also learn the importance of personal health care, and hygiene, and will learn the human body systems in detail. Students will also learn the human life cycle and the stages of growth and development. Students will go on to study the dangers and prevalence of drugs and substance abuse, and will be introduced to common diseases and disorders. Finally, students will learn the basics of safety and environmental health and will become prepared to avoid and respond to emergencies in everyday life, both at home and elsewhere.

Part 1: 5 credit hours

Part 2: 5 credit hours

### Course Outline

#### Unit 1: A Healthy Foundation

- 1.1 Understanding Health and Wellness
- 1.2 Factors Affecting Health
- 1.3 Risky Behavior and the Teenage Brain Explained
- 1.4 Promoting Health and Wellness
- 1.5 Building Health/Life Skills
- 1.6 Making Responsible Decisions and Setting Goals

### California Standards

#### *Health, Part 1*

#### **In Unit 1 students will learn:**

The basics of what determines good health and wellness.

Common factors that inhibit a healthy lifestyle.

Typical teenage behaviors that can be risky, as well as differences in the teenage brain that contribute to these behaviors.

How to best promote health and wellness through building a healthy lifestyle and through good life skills.

How to make responsible decisions and how setting goals can lead to a healthy life.

[1.1N, 1.2N, 1.3N,1.4N, 1.5N, 1.6N, 1.8N, 1.9N, 1.10N, 1.11N,1.13N, 1.15N, 4.1N, 4.2N, 5.2N, 6.1N, 6.2N, 6.3N, 1.1G, 2.1G, 4.1G, 4.3G, 5.1G, 5.2G, 7.1G, 1.7S, 5.1S]

## Unit 2: Mental and Emotional Health

- 2.1 Developing Your Self-Esteem and Self-Confidence
- 2.2 Developing Personal Identity and Character
- 2.3 Understanding Emotions
- 2.4 Understanding and Managing Stress
- 2.5 Coping with Loss and Grief
- 2.6 Dealing with Anxiety and Depression
- 2.7 Mental Disorders
- 2.8 Suicide Prevention and Getting Help

### In Unit 2 students will learn:

What determines and defines mental and emotional health.

How to develop self-esteem and self-confidence, as well as personal identity and character.

To understand and manage stress and emotions, as well as how to cope with loss and grief.

Tools to deal with anxiety and depression, mental disorders, and basic practices for preventing suicide, as well as where to get help if needed.

[ 1.1G, 2.1G, 2.2G, 2.3G, 2.5G, 4.1G, 4.2G, 4.3G, 5.1G, 5.2G, 5.3G, 5.4G, 5.5G, 5.1S, 1.6M, 1.10M, 1.11M, 2.1M, 3.1M, 3.2M, 4.1M, 4.2M, 5.1M, 5.2M, 5.3M, 6.1M, 6.2M, 7.1M, 7.2M, 7.3M, 7.4M, 7.5M, 7.6M]

## Unit 3: Healthy and Safe Relationships

- 3.1 Foundations of Healthy Relationships
- 3.2 Respecting Yourself and Others
- 3.3 Healthy Family Relationships and Friendships
- 3.4 Peer Pressure and Refusal Skills
- 3.5 Teen Health: Abstinence
- 3.6 Conflict: Causes and Resolutions
- 3.7 Understanding Violence
- 3.8 Preventing and Overcoming Abuse
- 3.9 Bullying

### In Unit 3 students will learn:

The foundations of healthy relationships and to respect both yourself and others.

To build healthy family relationships.

To deal with peer pressure, as well as the ability to develop refusal skills, including abstinence, and conflict causes and resolutions.

To understand violence and to prevent and overcome abuse and bullying.

[1.1G, 1.3G, 1.4G, 1.10G, 1.11G, 2.1G, 2.2G, 2.3G, 2.4G, 2.5G, 4.1G, 4.2G, 4.3G, 5.1G, 5.2G, 5.3G, 5.4G, 5.5G, 6.1G, 6.2G, 7.1G, 8.1G, 8.3G, 1.2S, 1.9S, 1.8S, 1.9S, 2.1S, 2.4S, 3.1S, 4.1S, 4.2S, 5.1S, 5.3S, 5.4S, 7.2S, 7.5S, 1.1M, 1.2M, 1.3M, 1.4M, 1.5M, 1.8M, 1.9M]

## Unit 4: Nutrition and Physical Activity

- 4.1 The Importance of Nutrition
- 4.2 Nutrients and Healthy Food Guidelines
- 4.3 Nutrition Labels and Food Safety
- 4.4 Maintaining A Healthy Weight
- 4.5 Body Image and Eating Disorders
- 4.6 Benefits of Physical Activity and Improving Your Fitness
- 4.7 Fitness Safety and Avoiding Injuries

### In Unit 4 students will learn:

The value and importance of nutrition and physical activity, as well as nutrients and healthy food guidelines.

To read nutrition labels and to practice food safety, as well as maintaining a healthy weight, and to deal with body image and eating disorders.

The benefits of physical activity on improving fitness, with a focus on fitness safety and injury avoidance.

[1.1N, 1.2N, 1.3N, 1.4N, 1.5N, 1.6N, 1.8N, 1.9N, 1.10N, 1.11N, 1.12N, 1.13N, 1.14N, 1.15N, 2.1N, 2.2N, 2.3N, 2.5N, 2.6N, 3.1N, 3.2N, 3.3N, 3.4N,

3.6N, 5.1N, 5.3N, 6.1N, 6.2N, 6.3N, 7.1N, 7.2N,  
7.3N, 7.4N, 7.5N, 8.2S ]

## Unit 5: Personal Health Care

- 5.1 What is Personal Hygiene?
- 5.2 Skin, Hair and Nails
- 5.3 Teeth and Mouth
- 5.4 Eyes and Ears
- 5.5 What is Acne and How to Treat It

### **In Unit 5 students will learn:**

The basics of personal hygiene for maximum health, including how to care for skin, hair, nails, and the teeth.

How to maintain a healthy mouth, eyes, and ears.

What acne is, its causes, and how to treat it.

[ 1.1P, 1.2P, 1.3P, 1.7P, 4.1P, 6.2P, 7.2P ]

## Course Outline

## California Standards

### Health, Part 2

#### Unit 1: Body Systems

- 1.1 The Skeletal System
- 1.2 The Muscular System
- 1.3 The Nervous System
- 1.4 The Circulatory, Respiratory and Lymphatic Systems
- 1.5 The Digestive and Excretory Systems
- 1.6 The Endocrine System
- 1.7 The Male and Female Reproductive Systems

#### Unit 2: The Human Life Cycle – The Stages of growth

- 2.1 Introduction to the Human Life Cycle
- 2.2 Heredity and Genetics
- 2.3 Prenatal Development, Prenatal Care and Childbirth
- 2.4 Birth Through Early Childhood
- 2.5 Middle and Late Childhood
- 2.6 Adolescence and Puberty
- 2.7 Early and Middle Adulthood
- 2.8 Late Adulthood and Death

#### Unit 3: Drugs and Substance Abuse

- 3.1 The Role of Medicine and Using Medicine Safely
- 3.2 Tobacco: The Risks of Smoking and the Benefits of Living Tobacco-Free
- 3.3 Alcohol and Alcohol Abuse
- 3.4 Drugs and Drug Abuse
- 3.5 Marijuana and Other Illicit Drugs
- 3.6 Steroids and Steroid Abuse
- 3.7 Inhalants and Huffing
- 3.8 Living Drug-Free

#### In Unit 1 students will learn:

The major human body systems, including the skeletal, muscular, nervous, circulatory, respiratory, lymphatic, digestive, excretory, endocrine, and reproductive systems.

[1.1N, 2.3N, 2.4N, 1.1G, 1.2G, 1.8G, 1.1S, 1.2P, 1.4P, 1.7P, 1.9P, 2.6P, 2.7P, 6.1P, 7.4P ]

#### In Unit 2 students will learn:

That humans follow a life cycle, and the stages of growth.

The principles of heredity and genetics.

Prenatal development, and prenatal care, as well as the childbirth process.

The early stage of birth through early childhood.

The stage of middle and late childhood, adolescence and puberty, as well as early and middle adulthood, into late adulthood and death.

[ 1.7N, 2.4N, 1.1G, 1.2G, 1.5G, 1.6G, 1.10G ]

#### In Unit 3 students will learn:

The dangers associated with drugs and substance abuse, and the importance of using medicines correctly and safely.

The specific risks with tobacco and the importance of living tobacco free.

To identify drug abuse, including that of marijuana and other illicit drugs, including steroids, and inhalants.

[ 1.14N, 2.2S, 1.1A, 1.2A, 1.3A, 1.4A, 1.5A, 1.6A, 1.7A, 1.8A, 1.9A, 1.10A, 2.1A, 2.2A, 2.3A, 3.1A, 3.2A, 4.1A, 4.2A, 5.1A, 5.2A, 6.1A, 7.1A, 5.4P, 5.5P ]

## Unit 4: Diseases and Disorders

- 4.1 Understanding Communicable Diseases and the Human Immune System
- 4.2 Communicable Diseases, Prevention and Treatment
- 4.3 Sexually Transmitted Diseases (STDs)
- 4.4 Preventing and Treating STDs
- 4.5 HIV/AIDS
- 4.6 Preventing and Treating HIV/AIDS
- 4.7 Cancer: Types, Causes and Treatment
- 4.8 Cardiovascular Disease
- 4.9 Allergies, Asthma, Diabetes and Arthritis
- 4.10 Physical and Mental Challenges

## Unit 5: Safety and Environmental Health

- 5.1 Personal Safety and Protection
- 5.2 Safety at Home, School and Outdoors
- 5.3 Safety on the Road: Pedestrians, Bikes and Automobiles
- 5.4 First Aid Basics
- 5.5 First Aid Procedures: CPR and Choking
- 5.6 Emergency and Disaster Preparedness
- 5.7 Community and Public Health
- 5.8 Environmental Health and Issues

### **In Unit 4 students will learn:**

About diseases and disorders, including communicable diseases and their prevention and treatment, and the human immune system. Sexually transmitted diseases, including HIV and other common types.

What cancer is, its common causes, and its treatment.

Cardiovascular disease, allergies, diabetes, and arthritis, including their causes and treatments. About other physical and mental challenges and illnesses.

[ 1.8N, 1.15N, 1.4G, 1.7G, 1.8G, 1.12G, 2.5G, 4.2G, 7.1G, 1.4P, 1.5P, 1.6P, 1.8P, 1.9P, 1.11P, 3.2P, 3.5P, 5.1P, 5.2P, 5.3P,6.1P, 7.3P, 7.4P]

### **In Unit 5 students will learn::**

About safety and environmental health, including personal safety and protection at home, at school, and outdoors.

The basics of safety on the road, as a pedestrian, a biker, or a driver.

First aid basics and procedures, including cpr and how to treat a choking victim.

Emergency and disaster preparedness, community and public health issues, as well as problems associated with environmental health.

[ 1.1S, 1.3S, 1.4S, 1.5S, 1.6S, 1.10S, 1.11S 1.12S, 2.3S, 3.2S, 6.1S, 7.1S, 7.3S, 8.1S, 8.2S, 8.3S, 1.10P, 1.12P, 1.13P, 1.14P, 2.3P, 2.4P, 2.5P, 2.6P, 5.1P, 5.2P, 5.3P, 6.1P, 7.1P, 8.1P, 8,2P]