

COURSE TITLE: Health
COURSE LENGTH: 1 semester
COURSE CREDIT: 0.5 credit

COURSE TYPE: required
GRADE LEVEL: 10
PREREQUISITE: n/a

COURSE GOALS:

1. Students will assess how personal health behaviors have both short- and long-term consequences on the functioning of the human body.
2. Students will evaluate factors that affect personal and family health including heredity, lifestyles, economics, environment, and health care access.
3. Students will analyze the factors that influence dietary choices including lifestyle, ethnicity, family, and advertising.
4. Students will identify and apply practices that preserve and enhance the safety and health of others.
5. Students will make informed decisions regarding the use of alcohol, tobacco, and other drugs based on the knowledge of their short- and long-term effects on the body and their effects on both the individual and society.
6. Students will identify and describe the long-term risks of tobacco and alcohol in our bodies, families, and communities.

COURSE CONTENT:

1. Analysis of charts and graphs pertaining to health care patterns, disease, and illness
2. Making healthy choices
3. Healthy emotions and managing stress
4. Evaluation of defense mechanisms and their effect on mental health
5. Nutritional information and food labels
6. Planning a balanced meal
7. Substance abuse (tobacco and alcohol)