

## Course Outline

### (AG) High School Health (online)

<b>Grade Levels:</b>	9-12	
<b>Assignments:</b>	17 Lessons & Final Exam	<b>Credits:</b> 5 units
<b>UC a-g Requirements:</b>	none (high school graduation requirement)	
<b>Instructional Materials:</b>	online with interactive website	

#### **Course Description:**

Health provides students with a comprehensive overview of relevant health issues, beginning with a definitive view of what health is and proceeding through basic health-related issues. The intent of the Health course is to broaden the student's vision of what constitutes a healthy lifestyle, covering issues of prevention, abuse, health options, healthy behaviors and attitudes, sexuality and death and dying.

#### **Learning Objectives**

- Students learn how health is defined, determined and maintained.
- Students understand proper nutrition & know where to find specific nutrients.
- Students understand the importance of physical activity.
- Students grasp basic concepts of mental & emotional health.
- Students become aware of the dangers of (& categories of) drugs, alcohol, & tobacco.
- Students gain an overview of the American health care system.
- Students become familiar with alternative health care options.
- Students review friends, family, & peer group relationships in the context of living a healthy lifestyle.
- Students become familiar with environmental health concepts.
- Students learn the basics of human growth & development.
- Students learn about key issues involved in human sexuality.

## **Course Outline**

### **Lesson 1: Health Determinants & Health Status**

- (A) Defining health - determinants of health diagram
- (B) Aspects of determining health status - reading questions
- (C) Health status of a population - diagrams/figures of causes of death - interpreting diagrams
- (D) Determinants of health - 4 determinants of health of population/individual - reading questions

### **Lesson 2: Eating for Health: Nutrition**

- (A) Overview of nutrition - definitions of nutritional keywords - color & its relationship to the nutritional value of food - reading questions
- (B) The Food Pyramid - reading questions
- (C) Vegetarianism & The Food Pyramid - meat substitutes - legumes & nuts - protein - reading questions
- (D) Dieting & eating disorders - Anorexia & Bulimia - healthy vs. Unhealthy dieting - reading questions
- (E) What is in food? - macronutrients - daily calorie requirements - water - reading questions

### **Lesson 3: Physical Activity**

- (A) Physical activity & health - statistics - reading questions
- (B) Benefits for health of physical activity - reading questions
- (C) Populations & physical activity data - gender & socioeconomic statistics on physical activity - reading questions
- (D) Guide to some exercises to maintain health - hydrating for physical activity - reading questions
- (E) Creating your own workout & schedule - questions

### **Lesson 4: Mental & Emotional Health**

- (A) Self esteem - self analysis - positive & negative thoughts - reading questions

- (B) Suicide - depression - FAQs - Mental Health Net: disorders & problems - reading questions
- (C) Mental health resources - research assignment
- (D) Self responsibility - self responsibility & problem solving - reading questions

### **Lesson 5: Prevention: Skin, Hair, Nails & Eyes**

- (A) Skin & the sun - how to protect yourself - key terms - reading questions
- (B) Acne - treatment at home – dermatologist - skin diseases - reading questions
- (C) Hair, nails, & eyes: dandruff - nail care - healthy eyes - how the eye works - eye parts - teen eyes - reading questions & research assignment

### **Lesson 6: Ear, Nose, Throat, Dental Care, & Digestion**

- (A) Ear, nose, & throat: antibiotics - medications - colds: medicines, self care, how colds are spread - reading questions
- (B) Pollen allergy - airborne allergy - reading questions
- (C) Hoarseness - nosebleeds - swimmers' ear - hearing loss - reading questions
- (D) Dental care - healthy teeth - before toothpaste - plaque - self care - reading questions
- (E) Digestive problems - constipation - diarrhea - other digestive problems - reading questions

### **Lesson 7: Alcohol & Tobacco**

- (A) What is alcohol? - definitions of terms - teens & alcohol - negative effects of alcohol - drinking & driving - resources for help - reading questions
- (B) Smoking - health effects - addiction - resources for information & help quitting - teens & smoking - advertising - reading questions
- (C) Smokeless tobacco/chewing tobacco - popularity increase - facts about - reading questions

### **Lesson 8: Illegal Drugs**

- (A) Common use drugs (effects & dangers) - alcohol - amphetamines - cocaine & crack - depressants - ecstasy - GHB - heroin - inhalants - ketamine - marijuana - methamphetamine- nicotine, etc
- (B) Research assignment - finding help
- (C) More research - family education - reading questions

### **Lesson 9: OTC Drugs & First Aid**

- (A) Drugs & medication - FDA information - reading questions
- (B) Prescription drugs - generic drugs - drug interactions - reading questions
- (C) Safe medication resource - first aid information - reading questions
- (D) First aid continued - research assignments & reading questions

### **Lesson 10: HIV, AIDS, & STDs**

- (A) Causes of Aids - definitions of AIDS - body fluids & transmission - teens & AIDS - reading questions
- (B) AIDS vs. HIV - reverse transmission - reading questions
- (C) Resources & protection - tips for teens - reading questions
- (D) What are STDs - types & causes of STDs - research assignments

### **Lesson 11: Using the Health Care System**

- (A) Doctors, GPs, FPs, & internists - choosing the right doctor - specialists - reading & research questions
- (B) Nurse-midwives - pharmacists - reading questions

### **Lesson 12: Alternative Health Care Options**

- (A) Herbology - Western Herbology - Chinese Herbology - Japanese Herbology - Yin & Yang - reading questions
- (B) India: Ayurveda - herb guide - reading questions
- (C) Acupuncture - Taoist philosophy - the nervous system - endorphins - research/reading questions
- (D) Acupressure - reading questions

(E) Chiropractic - biofeedback: health problems & practical applications

### **Lesson 13: Family, Friendship, & Peer Relations**

- (A) Why peer relations are important - contributing factors to peer relations - reading questions
- (B) Changes in family & society - effect on students - poverty - parental pressure - reading questions & research
- (C) family health - reading questions

### **Lesson 14: Growth & Development**

- (A) Physical development - effect on teens - human sexuality - puberty & delayed puberty - reading questions
- (B) Cognitive development - effect on teens - psycho-social development - effect on teens - reading questions
- (C) Identity & Autonomy - research & summary assignment

### **Lesson 15: Sexuality**

- (A) Sex vs. Love - reading questions
- (B) The choice to have sex - peer pressure - reading questions
- (C) Boys' sexuality - girls' sexuality - reading questions
- (D) Prevention - contraception - effectiveness - choices in contraceptive devices & medications - reading questions

### **Lesson 16: Environmental Health**

- (A) Renewable, nonrenewable, & perpetual resources - exercise
- (B) Household products - exercise
- (C) Threats to our environment: biodiversity - water resources - forests - energy - reading questions
- (D) Easy steps to personal environmental health - recycling - FAQs - fun assignment & reading questions

**Lesson 17: Death & Dying**

(A) Death & the grief reaction process - 5 stages of grief reaction - teens & loss - reading questions

(B) Research writing assignment: grief & loss - the grieving process

**Lesson 18: Final Evaluation**