



# High School Health

Length: Semester

Credits: 0.5

Within High School Health, students discover how to make the best decisions when attempting to improve their overall health. From healthy lifestyles, diets, and exercise to responsibilities within individual families and larger communities, education within the health discipline is pertinent for all students. Throughout the course, students review topics that promote safe, healthy, and active lifestyles. This course proves to be both enjoyable and beneficial to students, because it encompasses important topics that are applicable to their daily lives. Some of the topics explored in this course include:

- **Non-communicable and communicable diseases**
- **Mental health choices**
- **Substance abuse**
- **Intellectual, mental, and emotional health**
- **Safe exercise choices**
- **Drugs, alcohol, and decision-making**
- **Wellness and safety**
- **Emotions**
- **Decision-making**