

Course Title: Health Topics (Wellness Hour)

Teacher: Joe Szpak

Hour 1 - Semester 1 - 2021/22

0.5 Health Credit

[*Listen to Joe talk about the class*](#)

COURSE INFORMATION:

Course Description:

Students will explore relevant health topics through the lens of decision making, influences, goal-setting, and advocacy. There will be a strong emphasis on sexual health topics with numerous expert guest speakers. Students will also have the opportunity to self select relevant health topics to research and present.

Prerequisites:

None

Method of Instruction:

- 1) Direct teacher/guest speaker instruction
- 2) Independent research projects

Course Objectives (standards):

* Students will comprehend concepts related to health promotion and disease prevention to enhance health.

*Students will demonstrate the ability to access valid information and products and services to enhance health

*Students will demonstrate the ability to advocate for personal, family, and community health.

Graduate Vision Competencies:

Personal Responsibility

Positive Risk Taking