

Healthy Living

Course Overview and Syllabus

Course Number: EL2081

Grade level: 9–12

Prerequisite Courses: None

Credits: 0.5

Course Description

Encouraging students to make responsible, respectful, informed, and capable decisions about topics that affect the well-being of themselves and others, this course is a one-semester course that provides students with comprehensive information they can use to develop healthy attitudes and behavior patterns. Designed for high school students, this informative and engaging course encourages students to recognize that they have the power to choose healthy behaviors to reduce risks.

Course Objectives

Throughout the course, you will meet the following goals:

- Examine how various types of pollution affect local communities and the world
- Identify characteristics of good mental and emotional health
- Develop speaking, listening, and nonverbal communication skills necessary for building healthy relationships
- Describe how sources of conflict, violence, and abuse can be minimized
- Assess nutritional needs based on dietary guidelines and the food guide pyramid
- Summarize the effects of tobacco use on family, finances, and society and the effects of alcoholism on families and society
- Describe the role of medicine in health promotion, disease prevention, and possible complications that may arise from taking them
- Identify community resources available to help treat and prevent the spread of communicable diseases

Student Expectations

This course requires the same level of commitment from you as a traditional classroom course would. Throughout the course, you are expected to spend approximately 5–7 hours per week online on the following activities:

- Interactive lessons that include a mixture of instructional videos and tasks

- Assignments in which you apply and extend learning in each lesson
- Assessments, including quizzes, tests, and cumulative exams

Communication

Your teacher will communicate with you regularly through discussions, email, chat, and system announcements. You will also communicate with classmates, either via online tools or face to face, as you collaborate on project, ask and answer questions in your peer group, and develop speaking and listening skills.

Grading Policy

You will be graded on the work you do online and the work you submit electronically to your teacher. The weighting for each category of graded activity is listed below.

Grading Category	Weight
Assignments	20%
Essays	0%
Lesson Quizzes	30%
Unit Tests	30%
Cumulative Exams	20%
Additional	0%

Scope and Sequence

When you log into the Virtual Classroom, you can view the entire course map, which provides a scope and sequence of all topics you will study. Clicking a lesson's link in the course map leads to a page listing instructional activities, assignments, and learning objectives specific to that lesson. The units of study are summarized below:

- Unit 1:** Health and Wellness Basics
- Unit 2:** Mental and Emotional Health
- Unit 3:** Family and Social Health
- Unit 4:** Nutrition and Physical Activity

- Unit 5:** Growth and Development
- Unit 6:** Tobacco, Alcohol, and Drugs
- Unit 7:** Diseases and Disorders