

## General Course Information

<b>Course Name: Health and Wellness</b>	
Department: Physical Education	Grade Level(s): 9-12
Duration/Credits: 1 semester/ .5 credit	Prerequisites: none
BOE Approval Date:	Course Code: H8050
<b>Course Description:</b>	
<p>The high school Health curriculum is designed to provide students with the knowledge and skills to make decisions which will affect their health and well-being. Topics covered in the course include Nutrition Principles and Practices, Life Management and Risk Avoidance Skills, Disease Prevention, First Aid and CPR, Substance Abuse, Personal Fitness and Wellness, and Sexual Health.</p>	
<b>Course Rationale:</b>	
<p>The high school Health curriculum enhances the student's prior knowledge and understanding of important health issues to make sound decisions which will affect their health and lifelong wellness. Health decisions and personal choices that the student makes today will greatly impact her/his health for a lifetime.</p>	
<b>Course Objectives:</b>	
<ul style="list-style-type: none"><li>• The student will research concepts related to health promotion and disease prevention to enhance health, including human sexuality, sexually transmitted disease, substance abuse prevention, and mental health. (A+ Research)*</li><li>• The student will research, read and analyze valid, medically factual information to enhance health. (A+ Reading)*</li><li>• The student will set goals and create a written plan to enhance personal health. (A+ Writing)</li><li>• The student will discuss health-enhancing behaviors and compare methods of avoiding and reducing health risks. (A+ Speaking and Listening) *</li><li>• The student will complete an introduction to first aid and CPR training and will learn to perform the Heimlich maneuver. **</li><li>• The student will read about and discuss the impact of technology and social media on all aspects of personal health.</li></ul> <p>*This objective addresses Rev. Stat. § 170.015, Sexual Education and Abstinence. ** This objectives addresses House Bill No. 457, CPR and First Aid</p>	