

Course Description: In this course, students acquire the knowledge and skills they need to lead a healthy life. Semester A focuses on the impact of personal decisions on the student's own health. Students learn how to find, evaluate, and use reliable information related to a variety of health topics. They also study the basic science behind nutrition, exercise, stress, and psychology, and examine how these factors affect a person's overall health. Each lesson in the course guides students in applying what they have learned in the lesson to their own lives and choices—and gives them a chance to discuss the topic with peers and instructors.

Module	Lesson Title	Objectives
1		
1.1	Health & Wellness Overview	1. Identify health trends in the population of Americans. 2. Identify & describe the six components of health 3. Describe how one's lifestyle choices impact their health.
1.2	Health Behavior & Change	1. Describe factors that influence health behavior and the ability to make changes. 2. Identify steps of decision-making & Trans-Theoretical models.
1.3	Analyzing Health Information	1. Analyze health information 2. Identify reliable health resources
2		
2.1	Stress & Stressors	1. Define what stress and stressors are. 2. Distinguish between eustress & distress
2.2	How Stress Affects Your Life	1. Explain the General Adaptation Syndrome 2. Describe how one's health can be affected by stress. 3. Identify how stress can cause chronic health problems.
2.3	Coping Strategies	1. Distinguish between positive and negative coping strategies. 2. Identify 3 stress relaxation techniques. 3. Differentiate between emotional and problem focused strategies.

Module	Lesson Title	Objectives
3		
3.1	The Basics of Psychological Health	1. Identify psychological health and three characteristics of a psychological healthy person. 2. List three common defense mechanisms. 3. Discuss Maslow's Hierarchy of Needs and its levels.
3.2	Psychological Illness & Disorders	1. Identify three psychological disorders/illnesses and its symptoms. 2. Differentiate between healthy and unhealthy emotional responses. 3. Identify treatment options.
3.3	Bullying & Suicide	1. Identify three warning signs of suicide. 2. Explain how bullying can influence one's psychological health. 3. Identify three methods of suicide prevention.
4		
4.1	Violence & How It Affects your Health	1. Identify factors that contribute to violence. 2. Define violence. 3. Identify four ways violence can affect one's health in a negative manner.
4.2	Common Types of Violence & Abuse	1. Identify three types of abuse/violence. 2. Explain why abuse/violence is often underreported.
4.3	Steps to Prevent & Avoid Violence	1. Identify three ways to reduce or prevent abuse/violence.

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5		
5.1	What is Nutrition?	1. Define Nutrition. 2. Discuss problems that could arise from under nourishment and overconsumption.
5.2	Reading Food Labels	1. Identify important parts of a food label. 2. Describe how to use a food label to make informed choices.
5.3	Macro & Micronutrients	1. Identify the six classes of nutrients. 2. Describe each class's importance in the body. 3. Identify personal nutritional needs.
6		
6.1	The Basics of Physical Fitness	1. Define physical fitness (or physical activity) and exercise. 2. Identify five benefits of participating regularly in physical activity. 3. Explain the RICE method.
6.2	Body composition	1. List three major health problems associated with excessive body fat. 2. Explain the concept of energy intake and energy uptake. 3. Identify the characteristics of fad diets and quick weight loss programs.
6.3	Health & Skill Related Fitness	1. List health and skill-related components of fitness. 2. Identify how health related components can help to improve one's overall health.