

Course Introduction

Health education develops skills needed to promote physical, emotional, social, and mental well-being. Learning to make life-long healthy decisions that increase your overall health will be beneficial to you as well as the community, and promote optimum health that will increase life-expectancy. This course explores topics needed to live a healthy life while developing a core rich in Christian values.

Course Description

The goal of this course is to teach students the skills to make life-long, responsible, healthy decisions that will promote a high quality of life. Keeping the whole person in mind, topics covered will include mental health, social health, nutrition, physical fitness, substance abuse, human development, disease prevention, and community/personal safety. Reproductive education will be medically accurate (according to the American Association of Pediatrics), and will cover HIV prevention and FDA-approved methods of contraception. The instructional content of this course aligns with the National Health Standards and California's Health Standards.

This is a 1 semester course consisting of 9 units. Upon successful completion students will receive 0.5 credit towards high school graduation.

Course Overview

- Understanding Health and Wellness
- Achieving Mental and Emotional Health
- Skills for Healthy Relationships
- Nutrition for Health
- Physical Activity and Fitness
- Human Body Growth and Development
- Medicines and Drugs
- Communicable and Non-Communicable Diseases
- Injury Prevention, First Aid and Environmental Health

Required Course Materials

Please access the list of course materials from the OC Online book ordering system and order your materials as soon as possible. Oftentimes, course materials are on back order and you may experience a delay in receiving them, causing students to fall behind in their online coursework. When ordering used or rented materials, be careful that online access codes are also current.

Methods of Instruction

Students will be responsible for reading the textbook, accessing all online activities, and completing all course assessments. Course assessments consist of:

- Assignments
- CPR Certification
- Quizzes
- Unit Tests
- Discussions
- Class Participation
- Class Activities

Students will be expected to complete all class activities imbedded within the online course. Activities are designed to teach Health related topics and prepare students for quizzes and tests. Activities are computer graded and consist of learning games, pre-tests, and study guides. It is recommended that students complete all activities in the course as they are designed to introduce and reinforce Health topics.

- Websites and Pearsonsuccesnet.com

There will be times when students will be directed to visit other websites or complete activities on the Pearson website.

- Synchronous Sessions

Methods of Evaluation

Students will demonstrate mastery through the following formative and summative assessments:

- 10% Participation (discussion posts, synchronous sessions)
- 40% Assignments
- 10% Quizzes
- 25% Final Exam
- 15% Unit Tests