

Health Course Description

Course Description

This course provides a broad overview of health and wellness. The goal of this course is to give a working knowledge about health issues such as fitness, nutrition, disease, and personal choices. Knowledge will be demonstrated through daily assignments, unit exams, written assignments, and a final exam.

Course Outline

Unit 1 - Introduction to Health:

- What is Health
- Five Types of Health Wellness
- Health Risks
- Making Changes for Health

Unit 2 - Stress:

- Causes of Stress
- Positive and negative Stress
- How Stress Affects the Body
- Personality Types Managing Stress

Unit 3 - Nutrition:

- Food and Energy
- Food Pyramid
- Hunger and Malnutrition

Unit 4 - Fitness:

- Components of Fitness
- Benefits and Types of Exercise
- How to Exercise
- Lifetime Fitness

Unit 5 - Respiratory and Cardiovascular Systems:

- Respiratory System
- Cardiovascular System
- Cardiovascular Disorders
- Healthy Heart and Lungs

Unit 6 - Alcohol and Tobacco:

- Alcohol is a Drug
- Alcohol's Effect on the Body
- Alcoholism
- Choosing Not to Drink
- People and Tobacco
- Tobacco and Its Chemicals
- Choosing a Healthy Lifestyle

Unit 7 - Infectious Diseases:

- Infectious Diseases
- Body's Defenses Against Infection
- Development of Infectious Diseases
- Common Infectious Diseases

Unit 8 - Pollution:

- The Environment - Your Home
- Air Pollution and Health
- Water Pollution and Health
- Ground Pollution and Health
- Radiation and Noise Pollution

Course Requirements

- Quizzes
- Worksheets
- Exams
- Assignments
- Midterm Exam
- Final Exam