

### Health & Personal Wellness

**Carone Learning Category:** Foundations

**Subject:** Health

**Recommended Grade Level:** 9-12

**Course Credit:** One semester, 0.5 credits (5 units in CA)

**Recommended Pre-Requisites:** None

#### Course Description

This comprehensive health course provides students with essential knowledge and decision-making skills for a healthy lifestyle. Students will analyze aspects of emotional, social, and physical health and how these realms of health influence each other. Students will apply principles of health and wellness to their own lives. In addition, they will study behavior change and set goals to work on throughout the semester. Other topics of study include substance abuse, safety and injury prevention, environmental health, and consumer health.

#### Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Holistic Health**
  - 1.1 *What is Health?*
  - 1.2 *Decision-Making Skills*
- **Unit 2: Mental Health**
  - 2.1 *Mental Health*
  - 2.2 *Coping Skills*
  - 2.3 *Stress & Time Management*
- **Unit 3: Social Health**
  - 3.1 *Healthy Relationships*
  - 3.2 *Communication*
- **Unit 4: Physical Health**
  - 4.1 *Physical Wellness*
  - 4.2 *Nutrition*
  - 4.3 *Reproductive Health*
- **Unit 5: Diseases & Drugs**
  - 5.1 *Disease Transmission & Prevention*
  - 5.2 *Drugs & Alcohol*
- **Unit 6: Health & Safety**
  - 6.1 *Consumer & Environmental Wellness*
  - 6.2 *Safety & Injury Prevention*
- **Unit 7: Health Interventions**
  - 7.1 *Health Behavior Interventions*

Within each section students will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section

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2. **Lessons**—multimedia online lessons about the section topic
3. **Field Trip**—links to other online sites with additional fitness information
4. **Reflection\***—a journal reflection on material learned
5. **Discussion\***—class discussion on an assigned topic
6. **Assignment\***—section assignment
7. **Vocab Check**—an practice exercise to test your knowledge of vocabulary
8. **Quiz\***—quiz covering information from the lessons

The items noted with an asterisk above are those that must be submitted for a grade. A unit exam will be found at the end of every unit, as well as a comprehensive final exam at the end of the course.

### Pacing

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

### Parent & Teacher Guides

Parent and teacher guides available.

### Materials

There are no required materials for this course.

### Technical Requirements

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word), MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.