



Anytime, Anywhere Learning.

**Elective Options**

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## Health

### COURSE DESCRIPTION

Health is a one semester course designed for students to become familiar with health concepts. Students will learn to set goals and make decisions in relation to lifelong health habits. Study will include nutrition & physical activity, personal & community health, social health, mental health, emotional health, safety & prevention, alcohol, tobacco, other drugs, and reproductive health.

### PREREQUISITES

None

### REQUIRED MATERIALS

*An online textbook is provided within the course.*

### COURSE OBJECTIVES

- Assess one's personal nutrition needs and level of physical activity according to the federal dietary guidelines.
- Distinguish between unhealthy and healthy ways to manage weight.
- Prepare meal plans according to the federal dietary guidelines.
- Describe the short-term and long-term health consequences of alcohol, tobacco, and other drug use.
- Clarify myths regarding the scope of alcohol, tobacco, and other drug use among adolescents.
- Demonstrate skills to avoid tobacco exposure and avoid or resist using alcohol, tobacco, and other drugs.
- Define and describe bullying, sexual violence, and sexual harassment, and their effects on individuals and communities.
- Apply skills and strategies for avoiding and dealing with sexual harassment and exploitation, including when using the Internet.
- Demonstrate the ability to use conflict resolution skills.
- Identify the characteristics of positive relationships, and analyze their impact on personal, family, and community health.
- Develop short-term and long-term personal goals and aspirations.
- Apply decision-making and problem-solving steps to generate alternative solutions regarding social situations that could place one's health or safety at risk.
- Demonstrate the ability to apply listening and assertive communication skills in situations that may involve parents, family members, other trusted adults, peers, boyfriends/girlfriends, and health professionals.
- Explain the importance of regular health screenings or exams.
- Analyze the importance of rest and sleep for personal health

## COURSE OUTLINE

- Unit 1: Nutrition and Physical Activity
- Unit 2: Alcohol, Tobacco, and Other Drugs
- Unit 3: Safety
- Unit 4: Social and Emotional Health
- Unit 5: Personal Health and Wellness
- Unit 6: HIV and other STD Prevention\*

\*Unit 6 is Optional.