

Health and Wellness

HLTH 001 256

Credits: 0.5 units / 5 hours

Course Description

There is more to a healthy lifestyle than nutrition and exercise. This course is an in-depth exploration of the basic aspects of health and wellness, including skills for making healthy choices and managing stress. Students will learn the importance of physical fitness and nutrition, investigate the effects that drugs and medicines have on their health, and discover strategies for disease prevention. **NOTE:** This course is not for science credit. For science credit, take The Science of Health (SCIH 011). Students may receive credit toward graduation for **either** Health and Wellness or the Science of Health, but not both.

Graded Assessments: 4 Unit Evaluations, 3 Proctored Progress Tests.

Course Objectives

When you have completed the materials in this course, you should be able to:

1. Gain a good understanding of the factors that affect your health and the risky behaviors that cause most health problems.
2. Become familiar with the life skills you need to lead a healthy life, including a balance between physical activity and a healthy diet, and abstinence—the avoidance of risky behaviors involving alcohol, drugs, tobacco, and adolescent sexual activity.
3. Learn skills that will enable you to communicate better, resolve conflict without violence, and protect yourself from abuse.
4. Learn ways to identify and manage stress.
5. Learn how to prevent lifestyle illnesses such as cardiovascular disease, cancer, diabetes, STDs, HIV, and AIDS.
6. Understand the physical, mental, emotional, social, and financial changes that take place throughout adolescence, adulthood, marriage, pregnancy, and parenthood.

Course Outline

Unit 1: Your Health and Your Wellness

Lesson 1 – Healthy Living

Lesson 2 – You and Your Mental Health

Lesson 3 – Dealing with Stress and Loss

Lesson 4 – Preventing Violence

Unit 2: Your Body and Your Health

Lesson 5 – Lifetime Fitness

Lesson 6 – Nutrition

Lesson 7 – Healthy Eating Habits and Personal Health Care

Lesson 8 – Communicable Diseases

Lesson 9 – Noncommunicable Diseases and Disabilities

Unit 3: Drugs and Your Health

Lesson 10 – Medicine and Drugs

Lesson 11 – Alcohol and Tobacco Use and Abuse

Lesson 12 – Illegal Drugs

Unit 4: Healthy Relationships, Families, Adolescence, and Adulthood

Lesson 13 – Healthy Relationships and Responsible Behavior

Lesson 14 – Reproductive Health

Lesson 15 – The Life Cycle

Required Textbook and Materials

(available through Follett virtual bookstore at <http://highschool.nebraska.bkstr.com>)

Textbook: *Glencoe Health* © 2011. (ISBN: 9780078913280)