

The Science of Health

SCIH 011 056

Credits: 0.5 units / 5 hours / NCAA

Course Description

In this course, students are introduced to medically accepted means of promoting physical and mental well-being. This course teaches skills for living a healthy lifestyle, including how health behaviors can impact health status and the interrelationships of emotional, intellectual, physical, and social health. Strategies for managing stress and the benefits of lifelong physical fitness are covered as well as the effects of alcohol and drugs on the human body, preventing injury, mental disorders, CPR, food and nutrition, reproduction, heredity, infectious disease, chronic diseases, disabilities, and disease prevention. Students will learn how their body systems are impacted by all these factors, including the digestion, excretory, cardiovascular, and respiratory systems, and how to keep these systems healthy. NOTE: This course can be used for either science or health and physical fitness credit. Students may receive credit toward graduation for Health and Wellness or The Science of Health, but not both.

Graded Assessments:

5 Unit Evaluations; 2 Projects; 3 Proctored Progress Tests, 5 Teacher Connect Activities

Course Objectives

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

1. Describe the DECIDE process for making healthy decisions and how making healthy decisions impacts your life now and in the future.
2. Describe how developing stress management skills and knowledge of mental disorders can positively affect your mental health.
3. Explain how different forms of violence can affect your health and how you can avoid these types of violence.
4. Explain the roles nutrients play in relation to your health.
5. Analyze the information on food labels and explain how this can contribute to maintaining a healthy weight.
6. Describe the functions and importance of the digestive and excretory systems.
7. Explain how physical activity and injury prevention contribute to the overall health of your body systems, including the skeletal, muscular, nervous, cardiovascular, and respiratory systems.
8. Describe how you can resist pressure to engage in health risk behaviors related to alcohol, tobacco, and other drugs.

9. Analyze the process for accessing and evaluating sources of health-related information.
10. Explain how to prevent certain infectious and chronic diseases, including recognizing the symptoms and seeking recommended treatment.

Course Outline

Unit 1: Mental and Social Health

Teacher Connect Activity 1
Lesson 1: Making Healthy Decisions
Lesson 2: Managing Stress
Lesson 3: Mental Disorders and Suicide
Lesson 4: Preventing Violence
Unit 1 Evaluation
Project 1

Unit 2: Nutrition

Lesson 5: Food and Nutrition
Lesson 6: Making Healthy Food Choices
Lesson 7: Digestion and Excretion
Unit 2 Evaluation
Teacher Connect Activity 2
Progress Test 1

Unit 3: Physical Health

Lesson 8: Movement and Coordination
Lesson 9: Cardiovascular and Respiratory Health (including CPR)
Lesson 10: Exercise and Lifelong Fitness
Lesson 11: Preventing Injuries
Unit 3 Evaluation
Teacher Connect Activity 3

Unit 4: Substance Abuse

Lesson 12: Alcohol

Lesson 13: Tobacco

Lesson 14: Preventing Drug Abuse

Unit 4 Evaluation

Teacher Connect Activity 4

Progress Test 2

Unit 5: Heredity, Disability, and Disease

Lesson 15: Reproduction and Heredity

Lesson 16: Infectious Diseases

Lesson 17: Sexually Transmitted Infections and AIDS

Lesson 18: Chronic Diseases and Disabilities

Unit 5 Evaluation

Teacher Connect Activity 5

Project 2

Progress Test 3

Required Textbook and Materials

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

Textbook: *Pearson Health*. Prentice Hall. 2014. (ISBN: 9780133270303)