

HEALTH (ONLINE)

This course is based on the Washington State Essential Academic Learning Requirements for Health and Fitness and the standards and competencies from the National Standards for Family and Consumer Sciences Education.

Course Description:

This comprehensive course encourages students to develop healthful attitudes and practices of life-long benefit. Course content includes human development, disease prevention, fitness, nutrition, relationships, mental and emotional health management, alcohol and drug education and sexuality education.

Competencies:

- Recognize patterns of human growth and development
- Understand the concept of control and prevention of disease
- Acquire skills to live safely and reduce health risks
- Understand how heredity and environmental factors affect one's health
- Understand how emotions influence decision making
- Understand nutrition and wellness practices across the life span
- Develop health and fitness plan based on life goals
- Interpersonal relationships
- Develop communication skills

Requirements: Grades 10-12

Number of Credits: .5 (semester)

Fees: \$10

Offered by Issaquah School District through NEVAC

Unit 1: Communicable and Non-communicable Diseases

- Communicable/Non-Communicable Disease
- Virus, Bacteria, Parasites
- Transmission
- Immunity (active and passive), Immune Response (specific and non-specific)
- Mucous Membranes, Antibodies, Resistance
- Physical/Chemical/Body Cells, T Cells, B Cells
- Infections (respiratory and nervous system), STD's, Pathogens
- Epidemic

Unit 2: Conflict Resolution

- Type A and type B personalities
- Mediation skills and process
- Types and effects of emotions
- Anger management skills
- "I" messages, Active listening, Body language

Unit 3: CPR / First Aid

- Cardio Pulmonary Resuscitations, First Aid
- Pressure point, Shock, Abdominal thrusts
- Respiratory failure, Rescue breathing
- Carotid pulse, Cardiovascular failure
- Xiphoid process
- ABC's
- Check, Call, Care, Look, Listen, Feel
- Poison Control Center

UNIT 4: Goal Setting

- Goals (Short-Term, Long-Term), Action Plan
- Guidelines to follow when setting goals

UNIT 5: Heredity

- Genetics, Heredity, Chromosomes
- Genetic disorders
- Dominant and recessive genes, DNA

UNIT 6: Human Sexuality & Reproduction

- Male & Female Reproductive System
- Differences between bacterial and viral infections
- Effectiveness of available contraceptive methods/devices
- Specific health problems caused by risky sexual behaviors
- The benefits associated with remaining abstinent
- Understand the methods of childbirth

UNIT 7: Career Focus

- Resume
- Cover Letter
- Interview
- Professional Dress
- Environmental Risks

UNIT 8: Media Analysis

- The influence of media on consumer health decisions
- Differences between valid and invalid health claims
- Specific places to find reliable health and fitness information

UNIT 9: Nutrition

- 6 essential nutrients (Fat, Protein, Carbohydrates, Vitamins, Minerals, Water)
- Macronutrients, Micronutrients
- RDA (recommended dietary allowances), Food Pyramid
- Water soluble/fat soluble vitamins
- Trans fats/Saturated fats/Monounsaturated fats/Polyunsaturated fats
- Cholesterol, Fiber, Nutrient deficiency diseases
- Calories, Nutrition label reading, Serving size/portion size
- Additives, Fortification/Enrichment
- Foods fads, Bulimia, Anorexia, Diet analysis

- BMI (Body Mass Index), Obesity
- Nutrient Dense
- Vegetarianism

UNIT 10: Relationships

- Relationship, Friendship, Role
- Cooperation, Compromise, Empathy
- Communication skills (I messages, active listening, body language, constructive criticism)
- Domestic violence, Abuse
- Community resources (family counseling, mediation, crisis center, social services)
- Peer pressure, Refusal skills
- Infatuation vs. love
- Passive, aggressive, assertive
- Healthy dates
- Rape/Sexual Assault

UNIT 11: Stress Management

- Stressor, Distress, Eustress
- Adrenaline, alarm, resistance, fatigue
- Endocrine and nervous systems
- Psychosomatic response
- Different personalities react differently to stress

UNIT 12: Substance Abuse

- Use, Misuse and Abuse
- Social, physical, intellectual, emotional and physical effects from drug/alcohol/tobacco use
- Legal implications surrounding substance use/abuse
- Treatment and recovery options for drug abuse