

High School Health

Course Description:

This semester long Health Education Course will help students develop the knowledge and skills they need to make healthy decisions that allow them to stay active, safe and informed. This course is designed to enhance the awareness and knowledge of healthy lifestyle choices. The lessons and activities are designed to introduce the student to important aspects of the main types of health: emotional and mental, social and consumer, and physical. Among other topics, students will explore nutrition, understanding and avoiding disease, first aid and CPR, and human sexuality. Several adolescent risk behaviors (dietary patterns that contribute to disease, sedentary lifestyles, sexual behaviors, tobacco, alcohol and drug use) will be addressed while advocating for the students to make healthy choices for their overall health. Students will find out about the components of a healthy lifestyle and ways to approach making healthy choices and decisions. All course materials are provided online.

The Idaho State Department of Education requires all public school students to be instructed in Hands-Only CPR as part of a health/ wellness course. This includes instruction and demonstration, as well as information on AED (Automated External Defibrillator). This course meets that requirement.

Unit Titles:

Unit 1: Health and Wellness

Unit 2: Mental Health

Unit 3: Nutrition

Unit 4: Consumer Health

Unit 5: Adolescence and Development

Unit 6: Alcohol, Tobacco, and Drugs

Unit 7: First Aid and CPR

Unit 8: Diseases and Disease Prevention

Suggested Prerequisites:

None

Compatibility:

This course is Chromebook compatible.

Required Textbooks and Resources:

There is no textbook required for this class. All required resources are available through the online course.

Notebook (either paper or electronic storage)

Technical Skills Required for Course Activities:

Create files with a word processor.

Save, download, and attach files to submit assignments.

Work in multiple tabs within an Internet browser.

Other technical skills will be taught within the course.

Accessibility and Assistive Technology:

Visit the [Accessibility Tools](#) for assistance and information on assistive technology available to you.

Technical Support:

The Resources tab in your class also provides information about how to access technical support and is found under the same Resources tab as the Accessibility and Assistive Technology.

Phone: 1-208-342-0207

Email Address: support@idla.k12.id.us

Office Hours: 7:00 a.m. to 6:00 p.m. (MST) Monday through Friday

Other Policies:

Visit the [Parent/Student Resources website](#) to obtain information about other policies such as fees, drop deadlines, how to enroll, how grades will be reported, and how to set up your proctored final exam.

Ownership of Materials:

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