

# Health (4490) Course Overview Curriculum Document

## Course Description

This course will cover the required areas of health instruction to develop health literacy. Students will learn to develop seven health skills by applying various content domains: Nutritional and Physical Activity, Growth and Development and Sexual Health; Injury Prevention and Safety, Alcohol, Tobacco, and Other Drugs; Mental, Emotional, and Social Health and Personal and Community Health.

### Credits

.5

### Prerequisites

None

### Board Approved

2017

### Revised

Fall 2022

## Required Assessments

District Common Summative Assessments

## Textbooks/Resources

## Course Essential Understandings

As a result of successfully completing this course, students will understand how to apply a variety of health skills to any situation or health content to improve their health or others.

## Course Essential Questions

What is functional health and how do I apply each health skill?

## Unit Overviews

Unit Name	Unit Description	Unit Essential Question	Instructional Standards	Assessed Standards
Self-Management	Students learn to understand and apply self-management skills to practice health-enhancing behaviors and avoid or reduce risky behaviors. This skill involves students taking responsibility for their health and demonstrating the behaviors and practices necessary to maintain or improve the health of themselves and others. Students will apply various health content from human growth, AODA, nutrition, injury prevention, mental and emotional health, and personal and community health.	How does the self-management skill increase my self-awareness to improve health behaviors and personal responsibility to take charge of my health outcomes?	7.12.1 7.12.2	7.12.1 7.12.2
Goal Setting	Goal setting is critical for successful behavior change across various health dimensions. When students set goals, they can identify needs, make a plan, implement the plan, and reflect on progress and success. They can plan both short and long-term goals that work toward the desired outcome. Students will apply various health content from human growth, AODA, nutrition, injury prevention, mental and emotional health, and personal and community health.	How does the ability to set short and long-term goals help to improve individual health outcomes?	6.12.1 6.12.2 6.12.3 6.12.4	6.12.1 6.12.2 6.12.3 6.12.4
Assessing Valid Health Information	Assessing valid information, products, and services is important in the prevention, detection, and treatment of health problems. This skill is often the foundation of many decisions students will make. When using this skill, students will evaluate the validity and reliability of the information they have accessed on the Internet, from other printed sources, the media, and other people. Mastery of this skill will empower students to either accept or reject the information they have found to achieve better health. Students will apply various health content from human growth, AODA, nutrition, injury prevention, mental and emotional health, and personal and community health.	How to manage the vast amount of health-related products and services claiming to improve health? This would include a variety of topics such as energy drinks, supplements/vitamins, cold medicine, reproductive health clinics, etc. The skill of accessing valid health information helps determine what will enhance or promote our health and discard what is not valid or reliable.	3.12.1 3.12.4	3.12.1 3.12.4
Analyzing Influences	Health is affected by a variety of positive and negative influences within society. This standard focuses on identifying and understanding the diverse internal and external factors that influence health practices and behaviors among youth, including personal values, beliefs, and perceived norms. Students will apply various health content from human growth, AODA, nutrition, injury prevention, mental and emotional health, and personal and community health.	Analyzing influences is a foundational skill that allows us to recognize what influences our choices and actions affect our ability to apply other skills. How do we analyze influences that impact our feelings, actions, and behaviors, or beliefs?	2.12.2 2.12.3 2.12.8 2.12.9	2.12.2 2.12.3 2.12.8 2.12.9
Interpersonal Communication	Interpersonal Communication is the exchange of information between two or more people. Communication is essential to developing and maintaining good health. Good communication helps to obtain our wants, address our needs, and share ideas, feelings, or thoughts. This unit will help to develop the skill of interpersonal communication to help students take control of their health. Students will apply various health content from human growth, AODA, nutrition, injury prevention, mental and	How do the various components of interpersonal communication (listening, self-expression, refusal, conflict resolution, negotiation) improve health?	4.12.1 4.12.2 4.12.3 4.12.4	4.12.1 4.12.2 4.12.3 4.12.4

	emotional health, and personal and community health.			
Decision-Making	<p>Everyday decisions can impact our health. When students can improve their decision-making process, they are better able to improve the quality of their life and the lives of those around them.</p> <p>The skill of decision-making is a higher-order skill. It is the process by which a person thoughtfully proceeds through a series of steps to identify, implement, and sustain health-enhancing behaviors.</p> <p>Students will apply various health content from human growth, AODA, nutrition, injury prevention, mental and emotional health, and personal and community health.</p>	How does applying a thoughtful process help to identify, implement and sustain health-enhancing behaviors?	5.12.1 5.12.2 5.12.3 5.12.4 5.12.5 5.12.6	5.12.1 5.12.2 5.12.3 5.12.4 5.12.5 5.12.6
Advocacy	<p>Creating a positive, healthy environment for self and others requires the skill of advocacy. Advocacy is a skill that teaches students how to build support for a cause and encourage others to adopt or maintain a health-enhancing behavior.</p> <p>Advocacy also helps students develop individual agency, which builds self-efficacy.</p>	How does the skill of advocacy help individuals take control of their future health and, in turn, help others to take control of their health?	8.12.1 8.12.2 8.12.3 8.12.4	8.12.1 8.12.2 8.12.3 8.12.4