**Course Title:** HIGH SCHOOL LIFE SKILLS/HEALTH B

**Course No**. 4702 **Grade level**: 9-12

**Text and Resources**:
N/A

**Course Value**: *One Semester

**Credit Value**: 1 - 5

## Course Content: Key Content Standards and Course Objectives

1. **Students will demonstrate ways in which they can enhance and maintain their health and well-being.**
   - Practice good personal hygiene
   - Use protective equipment and avoid exposure to excessive noises.
   - Analyze influences on food choices/maintain healthy eating
   - Develop emotional/mental health resiliency factors
   - Create and maintain a personal fitness plan
2. **Students will understand and demonstrate behaviors that prevent disease and speed recovery from illness.**
   - Practice positive health behaviors
   - Correctly interpret medicine instructions
   - Recognize symptoms of common illnesses.
   - Recognize the importance of prenatal and perinatal care.
3. **Students will practice behaviors that reduce the risks of becoming involved in potentially dangerous situations.**
   - Develop/use skills to avoid/resolve conflicts.
   - Danger of weapons/rules prohibiting weapons at school.
   - Use good decision-making skills in high-risk situations
   - Demonstrate knowledge of emergency procedures/situations
   - Understand environmental factors that affect health/safety.
   - Develop and use assertiveness skills to avoid exploitation
4. **Students understand and demonstrate how to play a positive, active role in promoting the health of his/her family, school and community.**
   - Effective communication skills
   - Positive ways to show/express feelings
   - Develop a post-graduate plan for higher education.
   - Assume responsibility for taking care of the school.
   - Help support positive family interactions.
5. **Students understand the variety of physical, mental, emotional and social changes throughout life.**
   - Practice behaviors that will provide the option of healthy parenting
   - Express support/compassion for others who are grieving
   - Students understand/accept individual differences in growth/development.
6. **Students understand their developing sexuality and treat the sexuality of others with respect.**
7. **Students identify information, products, and services that may be helpful/harmful to their health.**
   - Use critical thinking skills to analyze marketing and advertising techniques.
   - Recognize helpful products and services.
   - Identify appropriate sources of health services
   - Use valid nutrition information to make healthy food choices.
   - Understand appropriate practices to maintain weight control.

## Course Description

This course will focus on the prevention of unhealthy behaviors and the promotion of attitudes and behaviors that can lead to lifelong health practices. It will address the four unifying ideas from the California State Frameworks on Health Education:

- Acceptance of personal responsibility for lifelong health.
- Respect for and promotion of the health of others.
- An understanding of the process of growth and development.
- Informed use of health-related information, products and services.

*Open entry/open exit

## Methods of Study

1. Students will complete all activities assigned.
2. Students will participate in discussion with other class members and/or teacher.

## Evaluation of Performance Standards

1. Students will complete all assignments with a minimum of 70% accuracy.
2. The supervising teacher will be satisfied with the quality of the student's work.
3. Letter grade contracts are optional and require a higher level of performance.