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U.S.I.C.A.Course Outline/Syllabus		
<b>Grade/Course: HEALTH I FITNESS LIFESTYLE DESIGN 1501310</b> Grade Level: 9 <sup>th</sup> High School		
<b>A)TEXT BOOK: Fitness and Wellness HEALTH FITNESS LIFESTYLE HEALTH I</b> <b>Authors: Wener Hoeger, Wener WK Hoeger, Sharon A Hoeger, Sharon Hoeger</b> <b>Publisher: CENGAGE Learning 2016</b> <b>ISBN:1305638018- ISBN-13:9781305638013</b>		
<b>Order No.:</b> 1	<b>Code:</b> HEA5001	<b>Class Type:</b> Online
<b>Resources:</b> Text book Teacher works CD Teacher interactive OnlineLinks, Skype, Zoom Skype-Conference Photographs for use in teaching, Zoom, Social Media	<b>Length:</b> 1 year	<b>Instructional Supports:</b> Textbook, Magazines, Journals, WebsitesLinks, Video Conference, Comprehensive Reading Plan, Health Television, Zoom, Skype,Social Media, PBS Public Television, CNN Health, Fl. Health Dept.
<b>Area:</b> Health	<b>Credits:</b> 1	<b>Total Numbers of class hours:</b> 300 hrs
<b>Type:</b> Mandatory	<b>Standards:</b> Florida Standards <a href="http://www2.dadeschools.net">www2.dadeschools.net</a>	<b>Prerequisite:</b> No requisite

## **B) Description:**

This course is designed to assist students in obtaining accurate information, developing lifelong positive attitudes and behaviors, and making wise decisions related to their personal health. Study will include personal and community health; mental, emotional, and social health; injury prevention and safety; nutrition and physical activity; alcohol, tobacco, and other drugs; growth, development, and sexual health. Central themes are the 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, and informed use of health-related information, products, and services.

## **C) Objectives:**

1. To develop in all students an understanding of Health and Wellness
  - Analyze and solve real-life health problems.
  - Work cooperatively on tasks that develop and enhance their conceptual understanding of health.
  - Develop lifelong positive attitudes and behaviors related to health.
  - Incorporate health-related knowledge into everyday behavior.
  - Understand the effects of personal behavior on the health and well-being of others.
  - Understand the influence that people have on the environment and the way in which elements within the environment affect the health of groups and individuals.
  - Understand the aspects of physical, mental, emotional, and social growth and development common to all people as well as those aspects that are unique to individuals.

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## E. Methodology

Academic Methodology:	
Tests	30%
Written Reports	20%
Assignments	50%

## F) Book Reference:

1. Lifetime Health: Life Skills Workbook (Lifetime Health 2009) Paperback by RINEHART AND WINSTON HOLT (Author)
2. Fitness 100 Interactive Activities for Mental Health and Substance Abuse Recovery [Spiral-Bound]
3. Carol A. Butler (Author) and Wellness [Paperback] by Wener W.K. Hoeger and Sharon A. Hoeger (Authors)
4. Wellness: Nursing Diagnosis for Health Promotion [Paperback] by Karen M. Stolte (Author)
5. Prentice Hall Health Skills For Wellness Teacher Edition 1997 Isbn 0134249046 Textbook Binding – January 1, 1997 by Prentice Hall (Author)
6. Walking and Jogging for Health and Wellness (Cengage Learning Activities) [Paperback] by Frank Rosato (Author)
7. Teen Health, Course 2, Student Edition [Hardcover] by McGraw-Hill (Author)
8. Family Guide to Emotional Wellness Paperback by Patrick Fanning (Editor) , Matt McKay (Editor)

## H) Web Reference:

<http://www.fitness.gov/>  
<http://www.class.co.uk/links/>  
[www.http://marshhealthclasswebsite.weebly.com/links.html](http://marshhealthclasswebsite.weebly.com/links.html)  
[www.lausd.net/Sepulveda MS/ClassLinks/Aguinaga/page7.html](http://www.lausd.net/Sepulveda_MS/ClassLinks/Aguinaga/page7.html)  
<http://www.pinellashealth.com/RelatedLinks.asp>  
<http://www.nutrition.gov/>  
<http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm>  
<http://www.healthypeople.gov/2020/default.aspx>  
<http://www.doh.state.fl.us/>  
<http://www.health.gov/dietaryguidelines/2010.asp>  
<http://www.nhlbi.nih.gov/index.htm>  
<http://www.healthfinder.gov/>  
<http://healthierus.gov/>  
<http://www.fruitsandveggiesmorematters.org/>  
<http://www.floridacharts.com/charts/default.aspx>  
[www.whitehouse.gov/the-press-office/first-lady-launches...](http://www.whitehouse.gov/the-press-office/first-lady-launches...)  
[www.presidentschallenge.org](http://www.presidentschallenge.org)  
[www.fitness.gov/be-active](http://www.fitness.gov/be-active)

**I. Journals:**

Journal in Health

**J. Magazines:**

Health and Fitness

AHealthyMe

Women Health

Alive

B Positive

Living Nutrition

Men Health

Total Health Magazine

Shape

**K. Organizations:**

President's Council on Fitness, Sports & Nutrition

Presidential Youth Fitness Program

U.S. Special Olympics, World Health Organization, U.S. Department of Health

**BOOK:**



**Text Book: Fitness and Wellness HEALTH FITNESS LIFESTYLE**

**Authors: Wener Hoeger, Wener WK Hoeger, Sharon A Hoeger, Sharon Hoeger**

**Publisher: CENGAGE Learning 2016**

**Course: No. 1501310 HEALTH I**

**ISBN:1305638018- ISBN-13:9781305638013**

**ACADEMIC MISCONDUCT:**

Academic misconduct includes cheating (using unauthorized materials, information, or study aids in any academic exercise), plagiarism, falsification of records, unauthorized possession of examinations, intimidation, and any and all other actions that may improperly affect the evaluation of a student's academic performance or achievement, or assisting others in any such act or attempts to engage in such acts. Academic misconduct in any form is inimical to the purposes and functions of the school and therefore is unacceptable and prohibited.

Any faculty member, administrator or staff member may identify an act of academic misconduct and should report that act to the department head or administrative supervisor.

Students violating the standards of academic honesty are subject to disciplinary action including reduction of a grade(s) in a specific course, assignment, paper, or project; a formal or informal reprimand at the professorial, dean, or academic vice president level; expulsion from the class in which the violation occurred; expulsion from a program; or expulsion from the school.

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