



# U.S. INTERNATIONAL CHRISTIAN ACADEMY

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## U.S.I.C.A. Course Outline/Syllabus

**Grade/Course: HEALTH II 9999999**

**Grade Level:** 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> High School

**A)TEXT BOOK: Holt Health Hardcover– January 1, 1999 by Greenberg(Author)**

**ISBN-10: 0030511232 / ISBN-13: 978-0030511233**

<b>Order No.:</b> 1	<b>Code:</b> HEA8000	<b>Class Type:</b> Online
<b>Resources:</b> Text book Teacher works CD Teacher interactive online Links Skype-Conference Photographs for use in teaching	<b>Length:</b> 1 year	<b>Instructional Supports:</b> Textbook, Magazines, Journals, Websites Links, Conference, Comprehensive Reading Plan, Health Network, PBS Television
<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 Sunshine State Standards	<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.

## **D) Contents**

### **UNIT ONE**

#### **Introduction to Health and Wellness**

Chapter 1 Health and Wellness: A Quality of Life  
Chapter 2 Making Responsible Decisions

### **UNIT TWO**

#### **Health and Your Body**

Chapter 3 Physical Fitness  
Chapter 4 Nutrition Principles  
Chapter 5 Weight Management and Eating Disorders  
Chapter 6 Personal Care and Appearance

### **UNIT THREE**

#### **Health and Your Mind**

Chapter 7 Mental and Emotional Health

Chapter 8 Building Self – Esteem

Chapter 9 Managing Stress

Chapter 10 Coping with Loss

Chapter 11 Preventing Suicide

### **UNIT FOUR**

#### **Protecting Your Health in a Drug Society**

Chapter 12 The Use, Misuse, and Abuse of Drugs

Chapter 13 Alcohol: A Dangerous Drug

Chapter 14 Tobacco: Hazardous and Addictive

Chapter 15 Other Drugs of Abuse

### **UNIT FIVE**

#### **Family Life, Sexuality, and Social Health**

Chapter 16 Reproduction and the Early Years of Life

Chapter 17 Adolescence: Relationships and Responsibilities

Chapter 18 Adulthood, Marriage and Parenthood

Chapter 19 Families

Chapter 20 Preventing Abuse and Violence

### **UNIT SIX**

#### **Diseases and Disorders**

Chapter 21 Infectious Diseases

Chapter 22 Sexually Transmitted Diseases

Chapter 23 HIV Infection and AIDS

Chapter 24 Noninfectious Diseases and Disorders

**UNIT SEVEN**

**Health and Society**

Chapter 25 Environmental and Public Health

Chapter 26 Being a Wise Consumer

**UNIT EIGHT**

**Safety and Emergency**

**Care**

Chapter 27 Safety and Risk Reduction

Chapter 28 First Aid and CPR

**E. Methodology**

<b>E) Academic Methodology:</b>	
Tests	30%
Writing Reports	20%
Homework	5%
Class Work	20%
Reading Assignment	25%

**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)s 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 Wellnes 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)  
[www.letsmove.gov/blog/2012/09/11/americas-youth-fitness](http://www.letsmove.gov/blog/2012/09/11/americas-youth-fitness)

#### **I. Journals:**

#### **J. Magazines:**

Health and Fitness

#### **K. Organizations:**

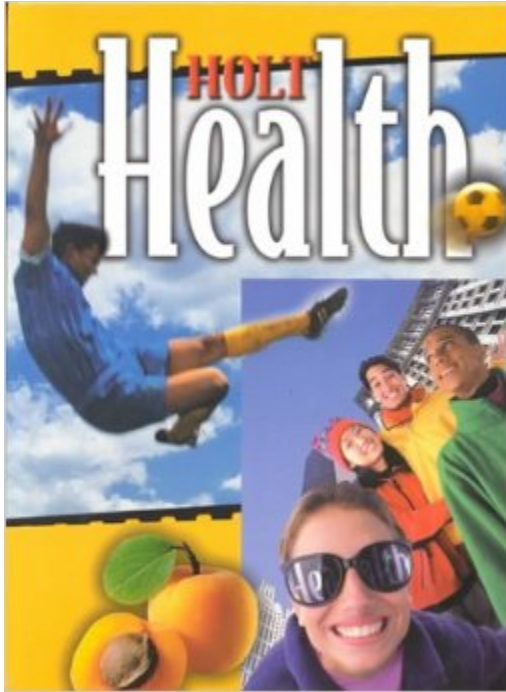
President's Council on Fitness, Sports & Nutrition

#### **M. Comprehensive Reading Plan**

Students are required to read at least 1 book or their equivalent during each class as independent reading at-home. Students must also read for 30 minutes at home as part of their daily homework assignment in all subjects. Check your Class Reading Assignment at [www.USICAhs.org/CURRICULUM](http://www.USICAhs.org/CURRICULUM) and check free ebooks at [www.openlibrary.org](http://www.openlibrary.org).

### **Text Book Description:**

Hardcover Publisher: Holt Rinehart & Winston (January 1, 1999) Language: English  
ISBN-10: 0030511232 ISBN-13: 978-0030511233



### **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.