

## HL809O/ Health Choices Syllabus

Course Title----- Health Choices  
 Course Number----- HL809O  
 Grades:----- 09-12  
 High School Credit Value:----- 0.5  
 Prerequisites:----- N/A testtt

Course Length:----- Regular courses: 17 weeks  
 CR: 9-17 weeks.

Course Time:----- Regular courses: 17 week schedule: 75 - 90  
 minutes per school day (6-7.5 hours per  
 week)  
 Credit Retrieval: 75 - 90 minutes per  
 school day (6-7.5 hours per week) until  
 course completion.

### { Course Description }

This comprehensive health course will provide you with essential knowledge and decision-making skills for a healthy lifestyle. Through the course you will analyze aspects of emotional, social, and physical health and how these realms of health influence each other in your life. In addition, you will study behavior change and set goals to work on throughout the semester. Other topics of study include substance abuse, safety and injury prevention, environmental health, and consumer health.

#### **Course Materials:**

The necessary computer components as defined at the Carone website. **Other recommendations for successful participation in the course: Speakers** to access the audio of the text and **headset with a microphone** for our live study sessions.

#### **State Alignments**

Washington State Standards guided the design of the course. Learning expectations are found within the course itself.

FWPS Priority Standards:

- PS 1: Explain how personal wellness is negatively affected when a dimension of health is neglected.
- PS 2: Demonstrate the ability to use goal setting skills to enhance health.
- PS 3: Demonstrate the ability to use decision making skills to enhance health.
- PS 4: Identify ways to avoid unintended pregnancy and sexually transmitted diseases.
- PS 5: Analyze the consequences of risky behaviors related to sexual health.
- PS 6: Identify ways to maintain reproductive health throughout life.
- PS 7: Compare and contrast healthy and unhealthy relationships.

- PS 8: Demonstrate skills for communicating effectively (oral, written, and various technologies, etc.) to enhance health.
- PS 9: Compare and contrast the physical, social, and emotional effects of substance use.
- PS 10: Explain the stages of substance use and the short and long term consequences.
- PS 11: Evaluate emergency situations and demonstrate first-aid procedures to industry standard.
- PS 12: Evaluate emergency situations and demonstrate C.P.R. and A.E.D. procedures to industry standard.
- PS 13: Identify types of stress, their causes and analyze how it relates to health.
- PS 14: Analyze ways to prevent and cope with stress.
- PS 15: Analyze the functions of the major nutrients.
- PS 16: Analyze healthy and unhealthy ways to maintain fitness.
- PS 17: Develop a meal plan based on individual needs, activity level and dietary guidelines.
- PS18: Demonstrate leadership and employability skills in community and workplace settings.

### Course Outline

### Learning Plan Contract Timeline

<b>Course Outline</b>		
<b>Unit #</b>	<b>17 week Learning Plan Contract</b>	<b>12 week Learning Plan Contract</b>
<b>Unit 1: Holistic Health</b>	2 weeks	1 week
<b>Unit 2: Physical Health</b>	2 weeks	2 weeks
<b>Unit 3: Social Health</b>	3 weeks	2 weeks
<b>Unit 4: Physical Health</b>	3 weeks	2 weeks
<b>Unit 5: Diseases &amp; Drugs</b>	3 weeks	2 weeks
<b>Unit 6: Health &amp; Safety</b>	3 weeks	2 weeks
<b>Unit 7: Health Interventions</b>	2 weeks	2 weeks

### Course Work

The course consists of class discussions, quizzes, tests, assignments, projects, a health goal, and a final. They are submitted as attachments, scanned in, or through email. There are 7 units, and each unit takes 2 or 3 weeks to complete depending on the student's choice of learning plan contract.

### Revision Policy

**Summative Assessments:** Unlimited Attempts

**Formative Assessments:** One Attempt

**Grading**

This is an interactive course where the final grade will be determined by performance on discussions, projects, quizzes and both computer and teacher scored tests.

While quizzes and tests may only be taken once, other assignments may be revised one time for additional learning and points.

Students can earn full credit for revised work if they communicate and work out a plan with the course instructor. No work submitted the last two weeks of the semester may be revised due to limited time.

**Occupational Credit:**

This course may qualify for \*occupational credit. Please consult your school counselor for further clarification.

\*Please note that FLA901 (Sign Language) does not qualify for occupational credit.

Copyright Internet Academy (iAcademy.org), Federal Way School District, WA