

HL809OR/ Health Choices CR Syllabus

Course Title----- Health Choices CR
 Course Number----- HL809OR
 Grades:----- 09-12
 High School Credit Value:----- 0.5
 Prerequisites:----- N/A

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 credit retrieval course provides students with essential knowledge and decision-making skills for a healthy lifestyle. Students will analyze aspects of emotional, social, and physical health and how these realms of health influence each other. Students will apply principles of health and wellness to their own lives. In addition, they 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. This course should only be taken by students who have taken high school health and not earned a passing grade. In this abridged version of Health 809, the highest grade a student can earn is a C.

Course Materials:

Required 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.

Power Standards

Standard 1: *Evaluates dimensions of health and demonstrates the ability to use decision making and goal setting skills to enhance health.*

LT 1 Explains how personal wellness is negatively affected when a dimension of health is

neglected.

LT 2 Critiques health and fitness goals to make predictions and recommendations for lifelong wellness.

LT 3 Demonstrate the ability to utilize various strategies when making decisions related to health needs.

Standard 2: *Identify and assess ways to maintain sexual health throughout life.*

LT 1 Assess the ways to avoid unintended pregnancy and sexually transmitted diseases (HIV/AIDS through k.N.O.w curriculum).

LT 2 Analyzes the consequences of risky behaviors related to sexual health.

LT 3 Identify ways to maintain reproductive health throughout life.

Standard 3: *Analyze ways to maintain healthy relationships and demonstrate effective communication skills.*

LT 1 Compare and contrast healthy and unhealthy relationships.

LT 2 Demonstrate skills for communicating effectively with family, peers, and others to enhance health.

Standard 4: *Evaluates implications of alcohol, tobacco, and other drug use.*

LT 1 Explains laws concerning drug use.

LT 2 Compare and contrast the physical, social, and emotional indicators of possible substance abuse.

LT 3 Analyze the physical and psychological states of addiction.

Standard 5: *Evaluate emergency situations, ways to prevent injuries, and demonstrates skills to respond appropriately and safely.*

LT 1 Evaluate emergency situations and demonstrate first-aid procedures.

LT 2 Evaluate emergency situations and demonstrate C.P.R. and A.E.D. procedures.

Standard 6: *Analyze and evaluate dimensions of stress and create stress-management strategies to prevent and cope with various situations.*

LT 1 Identify ways to prevent and cope with stress.

LT 2 Identify dimensions of stress and evaluate how it relates to personal health.

Standard 7: *Evaluate relationship of nutrition and food nutrients to dimensions of overall health.*

LT 1 Analyze the functions of nutrients based on individual needs, activity level, and dietary guidelines.

LT 2 Evaluate nutritional goals to establish life-long personal health

Course Outline

Learning Plan Contract Timeline

Course Outline		
Unit #	17 week Learning Plan Contract	12 week Learning Plan Contract
Unit 1: Holistic Health	2 weeks	1 week
Unit 2: Physical Health	2 weeks	2 weeks
Unit 3: Social Health	3 weeks	2 weeks
Unit 4: Physical Health	3 weeks	2 weeks
Unit 5: Diseases & Drugs	3 weeks	2 weeks
Unit 6: Health & Safety	3 weeks	2 weeks
Unit 7: Health Interventions	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. The highest grade a student can earn taking a credit retrieval course is a C.

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.

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