Health Syllabus

This .5 credit course focuses on an understanding of challenges and decision-making in leading healthy lifestyles.

**Time Requirements:** This semester course is designed to fulfill the state-required 60 contact hours and contains 40 modules. You should spend 7.5 hours per week, completing at least 5 modules per week. **TIP FOR SUCCESS:** *It is best to work on your course consistently so that you have plenty of time to get technical assistance if needed.*

**Grading:** All modules must be complete to earn credit for the course. The final grade for the course is an average of all scores on the mastery tests, posttests, and end of semester test. All tests are equally weighted. There are no + or – grades issued. As long as the course is entirely complete, you cannot fail.

- A = 90-100%
- B = 80-89%
- C = 70-79%
- D = 60-69% (or 0-69% on posttests and end of semester tests)
- I = Incomplete (final grade for courses that are not entirely complete)

**Pretests:** In this course, some modules will contain one pretest only. The pretests are not for a grade. They give you the opportunity to exempt out of modules within the unit based on prior knowledge. *You may take the pretest one time only.* You are not required to complete exempt modules; however, the posttests may cover related topics. You may complete exempt modules to review for the posttests if you choose. The grade for exempt modules will be 100% whether you choose complete it for review or not.

**Modules with tutorials only:** All tutorials in these modules must be complete. They are factored into your grade as 100% once complete.

**Mastery Tests:** The minimum score to master/complete a mastery test is 80%. If you score less than 80%, the test will lock. Go back through the preceding activities for that module to automatically unlock the test. You have unlimited attempts on the mastery tests, and each mastery test must be complete in order to earn credit for the course.

**Posttests/End of semester test:** *You may take these tests one time only.* The score for these tests will be 0-100%. This score is factored into your final grade.

**Assignments:**

Unit 1: Personal Health, Nutrition, and Fitness

- Pretest Unit 1
- Your Lifestyle and Your Health
- Your Role in Maintaining Your Health
• Guidelines for a Healthy Diet
• Dietary Guidelines and Nutritional Facts
• Nutrition and Chronic Disease
• Individual Caloric and Nutritional Needs
• Benefits of Physical Activity
• Sedentary Lifestyle and Chronic Disease
• Posttest Unit 1

Unit 2: Preventing Disease and Injury

• Pretest Unit 2
• Immunity and Preventing Disease
• Lifesaving and Emergency Care Procedures
• Strategies for Preventing Accidents
• Posttest Unit 2

Unit 3: Growth, Development, and Sexuality

• Pretest Unit 3
• Human Reproduction and Development
• Benefits of Healthy Sexual Practices
• Peer Pressure and Sexual Activity
• Family Planning Strategies
• Posttest Unit 3

Unit 4: Substance Abuse

• Pretest Unit 4
• Health Effects of Using Alcohol, Tobacco, and Other Drugs
• Harmful Effects of Dietary Supplements and Anabolic Steroids
• Effects of Medicines and Illegal Substances
• Peer Pressure and Substance Abuse
• Sources of Help for Substance Abuse
• Posttest Unit 4

Unit 5: Mental Health and Community Health Issues

• Pretest Unit 5
• Stress and Health
• Depression
• Mental and Emotional Health Issues
• Maintaining Your Mental and Emotional Health
• Strategies for Effective Communication
• Public Health Policies
• Judging the Validity of Health Products and Services
• Healthcare Services
• Influences of the Environment on Health
• Posttest Unit 5

End of Semester Test – Health

• End of Semester Test – Health