Health Course Teams

**Wellness Targets**

* Students will learn the steps in the decision making model.
* Students will identify health and wellness and the components that comprise it.
* Students will explain how behaviors and choices made, affect general health.
* Students will describe how risk factors can effect one’s health
* Students will identify leading killers and life expectancy rates.

**Mental Health Targets**

- Students will define and differentiate the 3 aspects of the health triangle and how they are related.

- Students will identify the physical, mental/emotional and social effects of stress and define healthy coping skills of stress.

- Students will outline the symptoms and treatment of organic and functional mental disorders.

- Students will determine various causes of depression and identify warning signs of suicide.

- Students will identify various types of loss and the Kubler-Ross Stages of Grieving.

- Students will practice using the decision-making model by completing our “Dilemma Decisions” scenarios.

**Nutrition Targets**

- Students will identify the various influences on their nutrition and the benefits of nutrition on the three aspects of the health triangle.

- Students will define and provide multiple examples of the essential nutrients and demonstrate their knowledge with their classmates.

- Students will analyze and calculate calorie intake on various food labels.

- Students will track down their personal daily intake for a 3 day period and analyze their nutritional data.

- Students will identify the various aspects of metabolic rate and recognize effective weight loss strategies.

- Students will identify the nutritional flaws in fad diets.

- Students will explain the relationship between high cholesterol, hypertension, and obesity to various diseases such as heart attack and diabetes.

- Students will differentiate between the various eating disorders and the consequences of these disorders, as well as treatments for eating disorder individuals.

**Disease Targets**

* Students will be able to recognize signs of a heart attack and be able to perform CPR/first aid.
* Students will identify priorities in responding to emergencies.
* Students will demonstrate proficiency in first aid steps, such as CPR and Heimlich maneuvers.
* Students will recognize lifestyle factors that can contribute to cardiovascular disease, cancer, and diabetes.
* Students will explain types, warning signs and treatments of cancer.
* Students will identify the signs and treatments for diabetic emergencies.
* Students will understand the types of pathogens, the methods of transmission and the role of the body’s immune system.

**Drug Targets**

* Students will explain the effects of alcohol, tobacco and other drugs on the body.
* Students will identify support groups for tobacco, alcohol and other drugs.
* Students will identify the signs of alcoholism and consequences.
* Students will be able to apply effective refusal skills in social situations.
* Students will identify the categories of drugs and their effects.
* Students will recognize the damaging effects of these substances on various body systems.

**Sexuality**

* Students will describe the structure and function of the male and female reproductive system.
* Students will understand fertilization and the process of fetal development.
* Students will identify the signs and symptoms of various genetic and chromosomal disorders.
* Students will discuss contraceptive methods emphasizing abstinence.
* Students will identify and myths and misconceptions regarding sexuality.
* Students will learn signs, symptoms and consequences of a variety of STI’s.
* Students will differentiate various harmful sexual behaviors (ie: sexting, rape, date rape, sexual assault).
* Students will understand the signs of and methods of developing healthy relationships.