

Health

Course Overview

Everyone needs to take care of their body, but we aren't necessarily born with the knowledge of how to go about it. It's important to invest time and energy into understanding what it means to be healthy. There are many activities you can engage in which are dangerous for your long-term health, so you need to know how to identify and avoid these activities. It's also important to identify lifestyles which will lead to a longer, more enjoyable life. This course will guide you through lifestyle choices you will make which will ultimately impact your life in meaningful ways.

Course Goals

By the end of this course, you will be able to do the following:

- Identify characteristics of a healthy diet.
- Describe the relationship between dietary guidelines, foods, and serving sizes.
- Identify the relationship between nutrition and chronic disease.
- Describe the benefits of physical activity.
- Explain the relationship between a sedentary lifestyle and chronic diseases.
- Develop strategies for preventing disease and injury.
- Evaluate the effect that peer pressure has on teenagers.
- Evaluate the physical, emotional, and social benefits of health sexual practices, including abstinence.
- Analyze the harmful effects of using dietary supplements and steroids.
- Describe the benefits of medicines and the risks involved in the misuse of them.
- Identify types of mental and emotional health issues.

General Skills

To participate in this course, you should be able to do the following:

Complete basic operations with word processing software, such as Microsoft Word or Google Docs.

Understand the basics of spreadsheet software, such as Microsoft Excel or Google Spreadsheets, but having prior computing experience is not necessary.

Perform online research using various search engines and library databases.

Communicate through email and participate in discussion boards.

For a complete list of general skills that are required for participation in online courses, refer to the Prerequisites section of the Plato Student Orientation document, found at the beginning of this course.

Credit Value

Health is a 0.5-credit course.

Course Materials

- Notebook
- Computer with Internet connection and speakers or headphones
- Microsoft Word or equivalent
- Microsoft Excel or equivalent

Course Pacing Guide

This course description and pacing guide is intended to help you keep on schedule with your work. Note that your course instructor may modify the schedule to meet the specific needs of your class.

Unit 1: Personal Health, Nutrition, and Fitness

Summary

In this unit, you will learn about the important role that you play in maintaining your health. You will understand how diet and exercise and the choices that you make have a significant impact on your health and well-being.

Day	Activity / Objective	Type
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1 day: 1	Syllabus and Plato Student Orientation <i>Review the Plato Student Orientation and Course Syllabus at the beginning of this course.</i>	Course Orientation
3 days: 2–4	Your Lifestyle and Your Health <i>Characterize behaviors and lifestyle choices that enhance or hinder your health.</i>	Tutorial
2 days: 5–6	Your Role in Maintaining Your Health <i>Describe your personal role in maintaining health throughout your life.</i>	Tutorial
3 days: 7–9	Guidelines for a Healthy Diet <i>Identify characteristics of the MyPlate Food Guidance System.</i>	Tutorial
3 days: 10–12	Dietary Guidelines and Nutritional Facts <i>Describe the relationship between dietary guidelines, food groups, nutrients, and serving sizes, and interpret nutrition facts labels.</i>	Tutorial
2 days: 13–14	Nutrition and Chronic Diseases <i>Identify the relationship between nutrition and chronic diseases such as heart disease, obesity, cancer, diabetes, hypertension, and osteoporosis.</i>	Tutorial
2 days: 15–16	Individual Caloric and Nutritional Needs <i>Compare and contrast caloric and nutritional needs for people of different genders, activity levels, and stages of life, and describe the effects of too many or too few calories in a diet.</i>	Tutorial
2 days: 17–18	Benefits of Physical Activity <i>Describe the benefits of physical activity, including strength, endurance, and flexibility exercises.</i>	Tutorial
2 days: 19–20	Sedentary Lifestyle and Chronic Diseases <i>Explain the relationship between a sedentary lifestyle and chronic diseases such as high cholesterol, high blood pressure, cardiovascular disease, and type 2 diabetes.</i>	Tutorial
1 day: 21	Posttest—Unit 1	Assessment

Unit 2: Preventing Disease and Injury

Summary

In this unit, you will learn about homeostasis. You'll identify various diseases that affect different body systems. You'll learn how the immune system functions. You will learn how to minimize accidents and illnesses which can threaten your health in a variety of situations. You will also learn what to do in an emergency and how to treat certain diseases should you become sick.

Day	Activity / Objective	Type
5 days: 22–26	Immunity and Preventing <i>Discuss the pathophysiology of disease and the immune response.</i>	Tutorial
3 days: 27–29	Lifesaving and Emergency Care Procedures <i>Describe procedures for emergency care and lifesaving.</i>	Tutorial
3 days: 30–32	Strategies for Preventing Accidents <i>Develop a list of accident-prevention strategies for a variety of circumstances, including sports, social events, and motor vehicle-related situations.</i>	Tutorial
1 day: 33	Posttest—Unit 2	Assessment

Unit 3: Growth, Development, and Sexuality

Summary

In this unit, you will learn about human reproduction, growth, and the importance of safe sexual practices which contribute to your physical, emotional, and social well-being. You'll also study some family planning strategies.

Day	Activity / Objective	Type
4 days: 34–37	Human Reproduction and Development <i>Describe the structure, functions, and disorders of the male and female reproductive systems.</i>	Tutorial
3 days: 38–40	Benefits of Healthy Sexual Practices <i>Evaluate the physical, emotional, and social benefits of healthy sexual practices, including abstinence.</i>	Tutorial
3 days: 41–43	Peer Pressure and Sexual Activity <i>Evaluate the effect that peer pressure has on teenagers with regard to sexual activity.</i>	Tutorial
3 days: 44–46	Family Planning Strategies <i>Describe and evaluate family planning strategies.</i>	Tutorial
1 day: 47	Posttest—Unit 3	Assessment

Unit 4: Substance Abuse

Summary

In this unit, you will study the negative effects that alcohol, tobacco, and other drugs have on your health. You will differentiate between the benefits of medicine and the

risks involved in the abuse of legal and illegal drugs. You'll also learn ways to cope with peer pressure and where to go for help with substance abuse.

Day	Activity / Objective	Type
2 days: 48–49	Health Effects of Using Alcohol, Tobacco, and Other Drugs <i>Explain the impact of alcohol, tobacco, and other drug use on one's behavior, brain chemistry, and ability to function.</i>	Tutorial
2 days: 50–51	Harmful Effects of Dietary Supplements and Anabolic Steroids <i>Analyze the harmful effects of using dietary supplements and anabolic steroids.</i>	Tutorial
3 days: 52–54	Effects of Medicines and Illegal Substances <i>Describe the benefits of medicines and the risks involved in the misuse and abuse of legal and illegal drugs.</i>	Tutorial
3 days: 55–57	Peer Pressure and Substance Abuse <i>Evaluate the effect that peer pressure has on teenagers with regard to substance abuse.</i>	Tutorial
2 days: 58–59	Sources of Help for Substance Abuse <i>Identify sources of help for substance abuse.</i>	Tutorial
1 day: 60	Posttest—Unit 4	Assessment

Unit 5: Mental Health and Community Health Issues

Summary

In this unit, you will learn how to identify mental and emotional health issues, such as stress and depression, and how you can cope with them. You will also understand your role as a consumer of healthcare products and services in your community. Finally, you'll see ways that the environment influences the health of individuals and society.

Day	Activity / Objective	Type
2 days: 61–62	Stress and Health <i>Weigh the importance of managing stress to maintain health.</i>	Tutorial
2 days: 63–64	Depression <i>Outline the definition, causes, and management of depression.</i>	Tutorial
2 days:	Mental and Emotional Health Issues <i>Identify types of mental and emotional health issues.</i>	Tutorial

65–66		
2 days: 67–68	Maintaining Your Mental and Emotional Health <i>Identify sources of help for mental and emotional health issues, and construct strategies for attaining and maintaining mental and emotional health.</i>	Tutorial
2 days: 69–70	Strategies for Effective Communication <i>Learn how to build and maintain healthy relationships through communication.</i>	Tutorial
2 days: 71–72	Public Health Policies <i>Explore how to research, evaluate, and advocate for public health policies that influence good health and disease prevention.</i>	Tutorial
3 days: 73–75	Judging the Validity of Health Products and Services <i>Critique the validity of products and services that claim to enhance health.</i>	Tutorial
3 days: 76–78	Healthcare Services <i>Learn about features of the healthcare system and how to access health services in your community.</i>	Tutorial
3 days: 79–81	Influences of the Environment on Health <i>Assess ways in which the environment influences the health of individuals and the community.</i>	Tutorial
1 day: 82	Posttest—Unit 5	Assessment

Health Course Project

Summary

In this course project, you will take an active role in understanding and minimizing the impact that stress has on your physical, mental, and emotional well-being.

Day	Activity / Objective	Type
5 days: 83–87	Course Project: Stress and Health <i>Weigh the importance of managing stress to maintain health.</i>	Tutorial
1 day: 88	Semester Review	
2 days: 89–90	End-of-Semester Test	Assessment