## **HEALTH**

## Jones/Carter

Text:	Pruitt, Allegrante, Prothrow-Smith (2007), Health,				
	Pearson Education, Inc;, publishing as Pearson Hall, Boston				
Supplemental	Nicola Russell, Marcia Papst (2006), Choosing the Best Life				
Materials:	Choosing the Best Publishing, LLC				
	Teen Victim Impact Program				
	SLICC Program				
	Handouts provided by the Instructor throughout the Semester				
Course	Health is a one-semester course (1/2 unit).				
Description:	Health topics include;				
	*Choosing the Best Life (Abstinence based program)				
	*Nutrition				
	*The Risk of Drug Abuse *Safety and Driving (Teen Victim Impact Program & No Zone)				
	*CPR (SLICC)				
	*Violence/Cyber Bullying/Hazing				
	*Drinking Dangers				
	*Tobacco & Alcohol				
	*Bones & Muscles				
Methods of	Students are evaluated in Health by Test (100 pts each), Quizzes (25 pts each),				
Evaluation:	and Projects (50 pts each)				
Course	At the end of the course, students should have an understanding of the various				
Objectives:	topics that have been discussed and mentioned above and be able to discuss:				
	Risks of being sexually active along with the emotional and physical				
	consequences.				
	Explain why there is no such thing as "safe sex"				
	Six Sources of Nutrients and the roles they play in your body.  Commonly Abused Drugs and the affects on your body.				
	Risks of Alcohol				
	Change the mindset of "it won't happen to me"				
Date	July 14, 2012				
Completed					
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