

Health Course Syllabus

Teacher Name: Mr. Rapp

Phone: 552-5371(classroom) / 552-5401(office)

Teacher email: jrapp@dbqschools.org

Course Name: Health I

Course Description: Health I will provide students' knowledge in the areas of personal health, environmental health, consumer health, substance abuse and nonuse, human sexuality, emotional and social health, health resources, prevention and control of diseases, and current issues. This course fulfills the Iowa Core mandate of health literacy.

Health National Standards

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Student Outcomes

After completion of this course the students should have developed and enhanced the life management skills necessary to make sound decisions and take positive actions for healthy and effective living. Some of these life management skills include:

- Demonstrate skills in self-awareness, self-acceptance, and self-improvement
- Making responsible health-related decisions
- Promote mental/emotional, physical, and social health throughout the stages of life
- Identify the benefits of abstaining from premarital sex and the use of alcohol, tobacco, and other drugs
- Understand the effects and prevention methods of communicable diseases such as HIV/AIDS and other STDs

Class Requirements and Materials:

1. Notebook and Folder
2. Writing Utensil
3. Textbook
4. CANVAS will also be utilized as an additional resource

