

**COURSE NUMBER:** 1100  
**COURSE TITLE:** Health I  
**COURSE LENGTH:** Semester, One Credit  
**PREREQUISITE:** None  
**GRADE LEVEL:** 9, 10, 11, 12

**COURSE DESCRIPTION:** Health I will be a course which will be offered to freshmen, sophomores, juniors, and seniors. **All students are required to take Health I at some time.** The course will be based on enhancing and promoting overall wellness by improving self-esteem, by making them more aware of the effects of alcohol, tobacco, and drugs on the human body, disease characteristics including sexually transmitted diseases, the benefits of exercise and fitness, and the value of being educated in the area of nutrition. Health I is a course that is used on a daily basis by everyone in our society at least to a certain degree. More specifically it could be used by individuals interested in careers in education and a wide array of positions in the health and medical fields.

**COURSE RATIONALE:**

This course is designed to help students become educated in health issues in order to make intelligent choices in their lifestyle to they may lead long, healthy lives.

**METHOD OF INSTRUCTION:**

Presentation will be lecture-discussion with student participation a necessity. Implementation of individual study, films and tapes, active participation, individualized plans, self-evaluations and guest presenters will be utilized.

**ASSESSMENT:**

Points are recorded and averaged according to the department grading scale. Daily work, quizzes, projects, participation, and tests will comprise the activities on which points are awarded.

**CRITICAL OBJECTIVES:**

A personal health program should help young people:

1. develop a positive self-concept by developing strengths, recognizing limitations, and understanding your feelings
2. enjoy the many health benefits of physical fitness
3. identify and engage in healthful activities that help avoid drug misuse and abuse
4. develop social poise and confidence without the use of alcohol
5. identify risk factors associated with different communicable diseases

