

**Health-High School  
Updated Spring 2020**

**Course Description:**

Health is a required course that covers the physical, mental, emotional, and social aspects of health. The course focuses on making healthy decisions that will improve day to day living and encourage healthy lifestyle changes. These health choices involve nutrition, physical fitness, first aid and CPR, drug awareness, and body systems, including the reproductive system. Through class discussion and active participation, students will achieve a healthier lifestyle.

**Big Ideas:**

1. I know the importance of engaging in appropriate activities to establish and maintain a healthy lifestyle.
2. I know basic knowledge of first aid and CPR.
3. I know the basic functions of the major body systems.

<b>ELO #</b>	<b>Essential Learner Outcome Description</b>	<b>Standards</b>
<b>1</b>	Students will gain knowledge on basic first aid training.	PA3B9a
<b>2</b>	Students will discuss how various types of drugs affect the body.	RA3C9b
<b>3</b>	Students will discuss the functions and interrelationships of the major body systems.	
<b>4</b>	Students will evaluate the effects tobacco and alcohols have on the human body.	RA3C9a