

# Health

## COURSE OFFERINGS

Course	Credit	Length	Type of Exam
Health I	½ unit	20 weeks	Local
Health II	½ unit	20 weeks	Local
Personal Training	½ unit	20 weeks	Local

### Health I • A Healthy Lifestyle

Credit: 1/2 Unit                      Length: 20 Weeks  
Requirement for graduation

Health I • A Healthy Lifestyle focuses on at-risk behaviors, prevention skills and healthy literacy to ensure overall health and wellness. Health I provides opportunities for students to demonstrate learned skills and behaviors through the aspects of physical, mental and social health in order to increase their quality of life. Students will integrate decision-making and goal setting skills through a variety of topics. Topics included in Health I are: wellness, nutrition, physical fitness, stress management, disease prevention, accessing information, human sexuality, alcohol, tobacco and other drugs.

### Health II • Critical Health Issues in Society

Credit: 1/2 Unit                      Length: 20 Weeks  
Prerequisite: Health I

Health II Critical Health Issues in Society focuses on the importance of good health for an individual to be a contributing member of society. Today's students need the knowledge and skills necessary to cope with the demands of society and become responsible, self-directed learners. Health II is a program to ensure that students acquire the skills for lifelong good health and wellness. Topics will include methods of preventing and resolving conflict as well as tactics in reducing and preventing violence. Another topic will explore the

importance of cultural diversity and the tolerance needed to encourage it. More specifically, students will define all types of abuse, sexual harassment, and the signs of harmful relationships. They will also develop skills for building strong positive relationships. In addition, certain community health issues will be researched. They may include controversies involving health care choices, consumer's rights, fad diets, fraudulent products, teen pregnancy, violence and environmental concerns. Public speaking is part of this course.

### Personal Training

Credit: 1/2 Unit                      Length: 20 Weeks  
Prerequisite: Health I  
Grade 11 & 12 only

The Personal Trainer course will orient students to the role a personal trainer plays in promoting healthy lifestyles and exercise. Concepts covered include health screening and evaluations, basic anatomy, fitness training, personal training techniques, exercise program design, and starting your own personal training business.