 **Santa Clara Adult Education**

**Adult High School Diploma Program**

**Health Class**

**4 Credits**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

6/2019

**Health Class 4 Credits**

California Health Course Overview: California Health is a 4 credit online course designed to serve as a guide to help students understand their role in maintaining proper health throughout their lives. This course covers topics such as nutritional facts and guidelines, effects of lifestyle on health, and benefits of physical activity. Students will explore various strategies for preventing disease and injury and will broaden their understanding of the human reproductive system and the influence of various factors on human sexuality. Additionally, they will study the impact of substance abuse and understand the importance of maintaining mental and emotional health.

Course Goals: By the end of this course, students will be able to do the following:

• Characterize behaviors and lifestyle choices that enhance or hinder health.

• Describe the personal role played in maintaining health throughout life, and identify characteristics of the MyPlate Food Guidance System.

• Describe the relationship between dietary guidelines, food groups, nutrients, and serving sizes, and interpret nutrition facts labels.

• Identify the relationship between nutrition and chronic diseases.

• Identify and describe the effects of social influences on personal sexuality. • Explain how HIV and AIDS affect people and how to reduce the risk of contracting the disease.

• Explain the impact of alcohol, tobacco, and other drug use on one's behavior, brain chemistry, and ability to function.

• Analyze the harmful effects of using dietary supplements and anabolic steroids.

identify sources of help for substance abuse.

• Identify sources of help for mental and emotional health issues, and construct strategies for attaining and maintaining mental and emotional health.

• Assess ways in which the environment influences the health of individuals and the community.

**Methods of Evaluation**:

* Online assignments
* Online Mastery Tests
* Research
* Essay
* Discussion

**Course Methodology**:

This is an inquiry-based blended course in which students will develop proficiency in expository, analytical, argumentative reading, and writing.  Students will engage in close reading of text and media.

Acting as a facilitator, the instructor will guide students through each unit of study.

Students will be expected to actively seek assistance when needed.  Ultimately, students  will be responsible for completing all assigned reading, viewing, and activities to receive credit.

**Plagiarism:** Plagiarized assignments will receive zero credit.

**Learner Resources:** Programmed Logic for Automated Teaching Operations (PLATO); internet sources; teacher handouts

**Writing Assignments**:

* All writing must be supported with relevant and accurate examples, facts and details.
* All final drafts must be word processed.
* For assignments that require citations, please use APA style (American Psychological Association) <https://owl.english.purdue.edu/owl/resource/560/01/>

(Note: Wikipedia will not be accepted as a credible source.)

**Grades:**

A = 90+%

B = 80+%

C = 70+%

Below 70%= assignment must be revised.

**STUDENT INSTRUCTIONS:**

**Follow the course syllabus carefully!**

**It will tell you exactly what you need to do (and not do) to complete this course.**

**You will use PLATO online tutorials/assignments In addition, some assignments will require further online research.**

*PLATO log-in*: <https://ple.platoweb.com>

*Account login*: **SCAS1**

*User name*: **first initial, last name**

*Password*: **password**

* **Many web pages throughout the tutorials are ones on which you type an answer, click “Submit”, and self-correct. Do all of those unless the syllabus tells you to skip them.**
* **On pages you skip, you may need to type X on the blank assignment in order to progress to the next page.**
* **Remember, some pages need to be printed and handed in to your teacher.**

**Assignments**

**Unit 1: Personal Health, Nutrition, and Fitness**

Your Lifestyle and Your Health Tutorial

Mastery Test

Your Role in Maintaining Your Health Tutorial. Skip pg 33.

Mastery Test

Guidelines for a Healthy Diet Tutorial

Mastery Test

Dietary Guidelines and Nutritional Facts Tutorial

Mastery Test

Nutrition and Chronic Diseases Tutorial

Mastery Test

Individual Caloric and Nutritional Needs Tutorial On pg 20, print your answers to #1 and #2 and give to teacher.

Mastery Test

Benefits of Physical Activity Tutorial On pg 16 do the Health Inventory link.

Mastery Test

**Unit 2: Preventing Disease and Injury**

Immunity and Preventing Disease and Injury Tutorial On pg 15, use the Internet to answer; then print and give to teacher. Skip pg 26. After answering pg 33, print and give to teacher.

Mastery Test

Go on to Unit 3.

**Unit 3: Growth, Development, and Sexuality**

Human Reproduction and Development Tutorial Print pg 8 after answering questions. Print page 14 after doing research on prostate cancer. Print pg 17 after answering questions. Print pg 27 after doing research on cervical cancer.

Mastery Test

Benefits of Healthy Sexual Practices Tutorial Do not do these pages: 23, 32, 35, 38, 41.

No Mastery Test

Skip the next 2 Tutorials

**Unit 4: Substance Abuse**

Health Effectsof Using Alcohol, Tobacco, and Other Drugs Tutorial

After answering pg 15, print and give to teacher. On pg 16, disregard the BAC link. Instead, read the BAC information attached to this syllabus. Skip pg 25. Skip pgs 33 and 34. After doing pg 41, print and give to teacher.

Mastery Test.

Harmful Effects of Dietary Supplements and Anabolic Steroids Tutorial

Mastery Test

Effects of Medicines and Illegal Substances Tutorial

Mastery Test

Skip next Tutorial.

Now view this video:

<https://www.youtube.com/watch?v=haqi4xvjvKo&feature=youtu.be>

Smoking vs Vaping Asap Science

Read the Cigs in a Pod and Risks of Electronic Cigarettes factsheet pages that are attached to this syllabus. Then go to this website and read the information there:

<https://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>

Sources of Help for Substance Abuse Tutorial Skip pgs 12, 18, 22.

Mastery Test

Go on to Unit 5.

**Unit 5: Mental Health and Community Health Issues**

Stress and Health Tutorial On pg 20, skip the link to the stress test.

Instead, ask your teacher for a paper copy of the stress test and answer the questions. It’s not an “official” test but will give you an idea of how much stress you are feeling at this time.

Mastery Test.

Depression Tutorial

Mastery Test

Mental and Emotional Health Issues Tutorial

Mastery Test

Maintaining Your Mental and Emotional Health Tutorial. Skip pgs 30 and 32. On pg 35, answer Parts A and B, print, and give to teacher. Skip pg 38.

Mastery Test

Strategies for Effective Communication Tutorial

Mastery Test

Skip the next 3 Tutorials.

Influences of the Environment on Health Tutorial

Mastery Test

***Record Sheet for Health Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

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| --- | --- | --- | --- | --- |
| **Activity** | **Date Completed** | **Teacher Initials** | **Hours** | **Grade** |
| **UNIT 1 Personal Health, Nutrition, Fitness** |  |  |  |  |
| Your Lifestyle/Your Health Tutorial  Mastery Test |  |  |  |  |
| Your Role in Maintaining Health Tutorial  Mastery Test |  |  |  |  |
| Guidelines for Healthy Diet Tutorial  Mastery Test |  |  |  |  |
| Dietary Guidelines/Nutritional Facts Tutorial  Mastery Test |  |  |  |  |
| Nutrition/Chronic Diseases Tutorial  Mastery Test |  |  |  |  |
| Indiv Caloric/Nutritional Needs Tutorial  Pg 20, #1, #2  Mastery Test |  |  |  |  |
| Benefits of Physical Activity Tutorial  Pg 16 Health Inventory  Mastery Test |  |  |  |  |
| **UNIT 2 Preventing Disease/Injury** |  |  |  |  |
| Immunity/Preventing Disease Tutorial  Pg 15 (Internet research)  Pg 33  Mastery Test |  |  |  |  |

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| **Activity** | **Date Completed** | **Teacher Initials** | **Hours** | **Grade** |
| **UNIT 3 Growth, Development, Sexuality** |  |  |  |  |
| Human Reproduction Tutorial  Pg 8  Pg14 Prostate cancer  Pg 17  Pg 27 Ovarian cancer  Mastery Test |  |  |  |  |
| Benefits of Healthy Sexual Practices Tutorial  No Test |  |  |  |  |
| **UNIT 4 Substance Abuse** |  |  |  |  |
| Health Effects Alcohol/Tobacco/Other Tutorial  Pg 15  Pg 41  Mastery Test |  |  |  |  |
| Harmful Effects Dietary Supps and Anabolic Steroids Tutorial  Mastery test |  |  |  |  |
| Effects of Meds/Illegal Substances Tutorial  Mastery Test |  |  |  |  |
| Youtube video: Smoking vs Vaping Cigs in a Pod; E Cigarettes Factsheet  Website: E Cigarettes |  |  |  |  |
| Sources of Help/Substance Abuse Tutorial  Mastery Test |  |  |  |  |
| **UNIT 5 Mental Health and Community Issues** |  |  |  |  |

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| --- | --- | --- | --- | --- |
| Stress/Health Tutorial  Stress Test  Mastery Test |  |  |  |  |
| Depression Tutorial  Mastery Test |  |  |  |  |
| Mental/Emotional Health Tutorial  Mastery Test |  |  |  |  |
| Maintaining Mental/Emot Health Tutorial  Pg 35 Parts A and B  Mastery Test |  |  |  |  |
| Strategies for Effective Communication Tutorial  Mastery Test |  |  |  |  |
| Influences of Environment on Health Tutorial  Mastery test |  |  |  |  |