Health and Fitness - Course Syllabus

Description:
Health and Fitness emphasizes the importance of knowledge, attitudes, and practices relating to personal health and fitness. It is a course designed to expose students to a broad range of issues and information relating to the various aspects of personal health, which include the physical, social, emotional, intellectual, and environmental aspects.

Textbook: Health and Fitness - Excel Education Systems, Inc. 2019 ©

Course objectives:
Throughout the course, you will meet the following goals:
- Demonstrate knowledge base for various aspects of personal health.
- Research various personal health related topics.
- Analyze, integrate and translate personal health information.
- Apply critical thinking in differentiating between health facts and myths.
- Apply knowledge gained and values clarified into personal health plan for the future.

Contents:

**Semester A**
1: Course Resources - Introduction
2: Healthy Decision Making
3: Emotions, Self-Esteem, and Personality
4: Managing Stress
5: Mental Disorders and Suicide
6: Family Relationships
7: Developing Positive Peer Relationships
8: Preventing Violence
9: Food and Nutrition
10: Making Healthy Food Choices
11: Digestion and Excretion
12: Movement and Coordination
13: Cardiovascular and Respiratory Health
14: Exercising and Fitness for Life

**Semester B**
15: Personal Care
16: Alcohol
17: Tobacco
18: Preventing Drug Abuse
19: Reproduction and Heredity
20: From Pregnancy to Baby to Child
21: Adolescence and Adulthood
22: The Study of Infectious Disease
23: Sexually Transmitted Infections and AIDS
24: Chronic Diseases and Disabilities
25: Safeguarding the Public
26: A Healthy Community and Environment
27: Preventing Injuries

**Grading Scale**
A = 90-100%
B = 80-89%
C = 70-79%
D = 60-69%
F = under 59%

**Grade Weighting**
Quizzes…………………… 70%
Mid-Term/Final Exams…. 30%

100%