Healthy Living (semester) EL2081

Course Overview and Syllabus

**Course Number:** EL2081 **Grade level:** 9-12

**Prerequisite Courses:** none **Credits:** 0.5

# Course Description

Encouraging students to make responsible, respectful, informed, and capable decisions about topics that affect the well-being of themselves and others, Healthy Living (semester) is a one-semester course that provides students with comprehensive information they can use to develop healthy attitudes and behavior patterns. Designed for high school students, this informative and engaging course encourages students to recognize that they have the power to choose healthy behaviors to reduce risks.

# Course Objectives

Throughout the course, you will meet the following goals:

* Identify characteristics of good mental and emotional health
* Develop speaking, listening, and nonverbal communication skills necessary for building healthy relationships
* Describe how sources of conflict, violence, and abuse can be minimized
* Summarize the effects of tobacco use on family, finances, and society and the effects of alcoholism on families and society
* Describe the role of medicine in health promotion, disease prevention, and possible complications that may arise from taking them
* Identify community resources available to help treat and prevent the spread of communicable diseases

# Student Expectations

This course requires the same level of commitment from you as a traditional classroom course. Students are expected to spend approximately five to seven hours per week online on the following:

* Interactive lessons that include a mixture of instructional videos and tasks
* Assignments in which you apply and extend learning in each lesson
* Assessments, including quizzes, tests, and cumulative exams

# Communication

Your teacher will communicate with you regularly through discussions, email, chat, and system announcements. You will also communicate with classmates, via online tools or face-to-face, as you collaborate on projects, ask and answer questions in your peer group, and develop your speaking and listening skills.

# Grading Policy

You will be graded on the work you do online and the work you submit electronically to your teacher. The weighting for each category of graded activity is listed below:

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| --- | --- |
| Grading Category | Weight |
| **Assignments** | 20% |
| **Lesson Quizzes** | 30% |
| **Unit Tests** | 30% |
| **Cumulative Exams** | 20% |

# Scope and Sequence

When you log into Edgenuity, you can view the entire course map—an interactive scope and sequence of all topics you will study. The units of study are listed below:

**Unit 1**: Health and Wellness Basics

**Unit 2:** Mental and Emotional Health

**Unit 3:** Family and Social Health

**Unit 4:** Tobacco, Alcohol, and Drugs

**Unit 5:** Diseases and Disorders