Course Syllabus

Description:

How can you manage to juggle it all?! Learn how to prepare and deal with real issues that impact your everyday life, such as mental health, nutrition, disease prevention, substance abuse, personal health, and safety. This course provides you with the facts that you will need to make informed decisions that are necessary to lead a healthy lifestyle and improve your quality of life.

Credits: 0.5
Estimated Completion Time: 1 Segments /16-18 weeks

Segment One

Module 01: Hello, Wellness!

01.00 Introducing Wellness
01.01 Wellness and You
01.02 Digital Life
01.03 Stress and Anxiety
01.04 Mental and Emotional Health
01.05 Time Management
01.06 Decision Making & Goal Setting
01.07 Hello, Wellness! Module Exam

Module 02: Prevention Is Power

02.00 Welcome to Prevention Is Power
02.01 Making the Healthy Choice
02.02 Growing Pains
02.03 The More You Know
02.04 Be On the Lookout
02.05 Minimizing Your Risk
02.06 Prevention Is Power Module Exam

Module 03: Family and Community

03.00 Your Family and Community
03.01 It's a Family Affair
03.02 It's Good to Have a Plan
03.03 Planning for Education
03.04 Navigating Healthcare
03.05 First Aid, CPR, and AED
03.06 Community Programs and Facilities
03.07 Family and Community Discussion-Based Assessment
03.08 Family and Community Module Exam

Module 04: Eat Smart

04.00 Introducing Eat Smart
04.01 Nutrition and Physical Activity
04.02 Eating Habits
04.03 Meal Planning
04.04 Weight Management
04.05 Food Access
04.06 Diets
04.07 Eat Smart Module Exam

Module 05: Safety

05.00 Welcome to Safety First!
05.01 Tolerance and Diversity
05.02 Healthy Relationships
05.03 Substance Use and Abuse
05.04 The Opioid Epidemic
05.05 Don't Hold Your Breath
05.06 On the Road
05.07 Safety Discussion-Based Assessment
05.08 Final Exam

Course Assessment and Participation Requirements:

To achieve success, students are expected to submit work in each course weekly. Students can learn at their own pace; however, "any pace" still means that students must make progress in the course every week. To measure learning, students complete self-checks, practice lessons, multiple choice questions, projects, discussion-based assessments, and discussions. Students are expected to maintain regular contact with teachers; the minimum requirement is monthly. When teachers, students, and parents work together, students are successful.