

Health, Form I

Course Description

This course is designed to give the students a basic understanding of how the body works, how the parts interact and how outside influences can cause problems. This will provide students with the ability to make choices about their present and future health.

Course Goals

- To develop an understanding of the basic workings in the systems of the human body
- To develop an understanding of outline note-taking skills
- To examine how we interact with and are affected by our environment
- To examine how our behavior and choices affect our long-term health

Course Objectives

- To understand the basic parts of the nervous, digestive, skeletal, muscular, immune, respiratory, circulatory and reproductive systems
- To improve students' ability to order information through outline note-taking
- To understand healthy and unhealthy behavior and choices including: lifestyle factors, risk behaviors, alcohol and tobacco use, suicide, eating disorders, lack of exercise, food choices and the spread of disease
- To describe how breathing occurs, blood flow direction, menstrual cycle, ossification process, oxygen debt, digestion process and blood-clotting process