

Health, Prep

Course Description

This course is designed to give the students a basic understanding of how the body works. Examine mental, social, physical progression from childhood to adulthood. Help students understand protection of the body including eyes, ears, teeth, diet, cardiovascular and emergency care. This will provide the students with a foundation for making appropriate choices to maintain their health.

Course Goals

- To develop an understanding of the basic workings of the human body
- To develop an understanding of outline note-taking skills
- To examine how we grow and develop and the variations in development
- To examine how our care of the body and choices affect our long-term health

Course Objectives

- To understand the basic parts of the digestive, 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: risk behaviors, alcohol and tobacco use, eating disorders, lack of exercise, food choices and sense organs