

Health

Course Description

INSTRUCTOR:

List instructor's phone number and email address

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COURSE DESCRIPTION

Summarize what will be taught over the course of the trimester

"Lifetime Health" promotes wellness and health literacy. It encourages positive behavior now to ensure a lifetime of health; a focus on life skills and activities boost students' understanding.

- Life skills are developed throughout the program, with an added emphasis on decision-making and refusal skills.
- Students apply and practice life skills through life skill activities, real life activities, and making decisions.
- Life skills are assessed in the section and chapter reviews.
- Building Character Activities highlight and help students develop valued character traits.

COURSE OUTCOMES AND OBJECTIVES

List outcomes and objectives of course

- Students will comprehend concepts related to health promotion and disease prevention.
- Students will demonstrate the ability to access valid health information and health-promoting products and services.
- Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
- Students will analyze the influence of culture, media, technology, and other factors on health.
- Students will demonstrate the ability to use interpersonal communication skills to enhance health.
- Students will demonstrate the ability to use goal-setting and decision making skills to enhance health.
- Students will demonstrate the ability to advocate for personal, family, and community health.

GRADING SYSTEM

List what student will be graded on; weight of activities; explanation of pass/fail

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COURSE OUTLINE

Weekly listing of topics/activities of course

Weight scale 1-10 with 1 being the lowest

Attendance/Participation: 70%; Chapter worksheets: Weight 10%; Class/individual/small group activities and projects: 20%

GRADUATION PLAN REQUIREMENTS

GRADUATION PLAN REQUIREMENTS: The above is intended to enhance the completion of the following:

- Obtain Paid Work Experience
- Maintain Paid Work Experience
- Volunteer/Non-paid employment
- Meet & apply for DRS
- Speaker/Tour (Circle) Work force Ctr. MRC MCIL Govt. Center **CTIC Fair** Supported Employment
PACER Transitional Housing Century College St. Paul Tech
Other Agencies : _____
- Complete Self-Advocacy Skills Assessment
(Disability, strengths/weaknesses, IEP goals/objectives, resources available, etc.)
- Complete an Interest & Skills Inventory

Portfolio Components:

- Resume
- Interview Experience
- Completed sample W-2/W-4 form
- Possesses Social Security Card
- Work Site Evaluations
- Interest Inventories (SERVE, DRS)
- Cover letter
- Resources/Important phone numbers
- 2-3 Letters of Recommendation
- Possesses MN ID/Driver's License
- Certificates of completion-awards, etc.
- Other: _____