

# Contemporary Health EL3404MI

## Course Overview and Syllabus

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**Grade level:** 9–12

**Credits:** 0.5

**Prerequisite courses:** none

### Course Description

This semester-long course designed for high school students examines and analyzes various health topics. It places alcohol use, drug use, physical fitness, healthy relationships, disease prevention, relationships, and mental health in the context of the importance of creating a healthy lifestyle. Throughout the course, students examine the practices and plans they can implement in order to carry out a healthy lifestyle, and the consequences they can face if they do not follow safe health practices. In addition, students conduct in-depth studies in order to create mentally and emotionally healthy relationships with peers and family, and to devise healthy nutrition, sleeping, and physical fitness plans. Students also examine and analyze harassment and bullying laws.

*The Contemporary Health course does cover sensitive topics such as sexual intercourse, contraception, sex and gender, pregnancy, sexual harassment, physical violence, emotional abuse, sexually transmitted infections, and substance use and abuse.*

### Course Objectives

You will meet the following goals by taking this course:

- Describe the effects of alcohol, nicotine, tobacco, and drug use on the human body.
- Explain the social and legal implications of using alcohol, nicotine, tobacco, and drugs.
- Describe the characteristics of a nutritionally balanced diet, and why maintaining a healthy weight and body composition is important.
- Identify individual differences in gender identity and in sexual orientation.
- Identify the effects of sexually transmitted infections, and methods for avoiding or reducing the risk contracting one.
- Describe characteristics of good mental and emotional health, the relationship between stress and physical and social health, and strategies for coping with stress.
- Identify character traits that promote healthy relationships.
- Identify the causes, symptoms, and risk factors related to communicable and non-communicable diseases, and strategies to detect, treat, and prevent diseases.
- Explain how to respond responsibly when an injury occurs and the consequences of serious injuries.

- Explain the effects of sexual assault, sexual harassment, and molestation.
- Use research skills to access, interpret, and apply information from multiple sources.

### Student Expectations

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

- 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, e-mails, chats, and system announcements. You will also communicate with classmates, either 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:

Grading Category	Weight
Assignments	20%
Projects	10%
Lesson quizzes	20%
Unit tests	30%
Cumulative exams	20%

### Scope and Sequence

When you log on to 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:** Alcohol, Tobacco, and Other Drugs

**Unit 2:** Nutrition and Physical Activity

**Unit 3:** Growth, Development, and Sexual Health

**Unit 4:** Mental and Emotional Health

**Unit 5:** Building Healthy Relationships

**Unit 6:** Personal and Community Health

**Unit 7:** Injury Prevention and Safety