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U.S.I.C.A.Course Outline/Syllabus

Grade/Course: HEALTH | FITNESS LIFESTYLE DESIGN 1501310

Grade Level: 9 High School

A)TEXT BOOK: Fitness and Wellness HEALTH FITNESS LIFESTYLE HEALTH I Authors: Wener Hoeger, Wener WK Hoeger, Sharon A Hoeger, Sharon Hoeger

Publisher: CENGAGE Learning 2016

ISBN:1305638018- ISBN-13:9781305638013

Order No.: 1	Code:HEA5001	Class Type:Online
Resources:		Instructional Supports:
Text book		Textbook, Magazines, Journals,
Teacher works CD		WebsitesLinks, Video Conference,
Teacher interactive		Comprehensive Reading Plan, Health
OnlineLinks, Skype,		Television, Zoom, Skype, Social Media, PBS
Zoom		Public Television, CNN Health, Fl. Health Dept.
Skype-Conference	Length: 1 year	
Photographs for use in		
teaching, Zoom, Social		
Media		
Area:Health	Credits: 1	Total Numbers of class hours:300 hrs
Type: Mandatory	Standards:	Prerequisite:
	Florida Standards	No requisite
	www2.dadeschools.net	

B) Description:

This course is designed to assist students in obtaining accurate information, developing lifelong positive attitudes and behaviors, and making wise decisions related to their personal health. Study will include personal and community health; mental, emotional, and social health; injury prevention and safety; nutrition and physical activity; alcohol, tobacco, and other drugs; growth, development, and sexual health. Central themes are the acceptance of personal responsibility for lifelong health, respect for and promotion of the health of others, an understanding of the process of growth and development, and informed use of health-related information, products, and services.

C) Objectives:

- 1. To develop in all students an understanding of Health and Wellness
 - Analyze and solve real-life health problems.
 - Work cooperatively on tasks that develop and enhance their conceptual understanding of health.
 - Develop lifelong positive attitudes and behaviors related to health.
 - Incorporate health-related knowledge into everyday behavior.
 - Understand the effects of personal behavior on the health and well-being of others.
 - Understand the influence that people have on the environment and the way in which elements within the environment affect the health of groups and individuals.
 - Understand the aspects of physical, mental, emotional, and social growth and development common to all people as well as those aspects that are unique to individuals.

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E. Methodology

Academic Methodology:	
Tests	30%
WrittenReports	20%
Assignments	50%

F) Book Reference:

- 1.Lifetime Health: Life Skills Workbook (Lifetime Health 2009) Paperback by RINEHART AND WINSTON HOLT (Author)
- 2. Fitnes 100 Interactive Activities for Mental Health and Substance Abuse Recovery [Spiral-Bound]
- 3. Carol A. Butler (Author)s and Wellness [Paperback) by Wener W.K. Hoeger and Sharon A. Hoeger (Authors)
- 4. Wellness: Nursing Diagnosis for Health Promotion [Paperback] by Karen M. Stolte (Author)
- 5. Prentice Hall Health Skills For Wellness Teacher Edition 1997 Isbn 0134249046 Textbook Binding January 1, 1997by Prentice Hall (Author)
- 6. Walking and Jogging for Health and Wellness (Cengage Learning Activities) [Paperback] by Frank Rosato (Author)
- 7. Teen Health, Course 2, Student Edition [Hardcover] by McGraw-Hill (Author)
- 8. Family Guide to Emotional Wellnes Paperback by Patrick Fanning (Editor), Matt McKay (Editor)

H) Web Reference:

http://www.fitness.gov/

http://www.class.co.uk/links/

www.http://marshhealthclasswebsite.weebly.com/links.html

www.lausd.net/Sepulveda MS/ClassLinks/Aguinaga/page7.html

http://www.pinellashealth.com/RelatedLinks.asp

http://www.nutrition.gov/

http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm

http://www.healthypeople.gov/2020/default.aspx

http://www.doh.state.fl.us/

http://www.health.gov/dietaryguidelines/2010.asp

http://www.nhlbi.nih.gov/index.htm

http://www.healthfinder.gov/

http://healthierus.gov/

http://www.fruitsandveggiesmorematters.org/

http://www.floridacharts.com/charts/default.aspx

www.whitehouse.gov/the-press-office/first-lady-launches...

www.presidentschallenge.org

www.fitness.gov/be-active

I. Journals:

Journal in Health

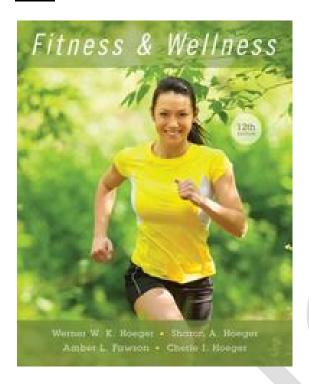
J. Magazines:

Health and Fitness
AHealthyMe
Women Health
Alive
B Positive
Living Nutrition
Men Health
Total Health Magazine
Shape

K. Organizations:

President's Council on Fitness, Sports & Nutrition
Presidential Youth Fitness Program
U.S. Special Olympics, World Health Organization, U.S. Department of Health

BOOK:



Text Book: Fitness and Wellness HEALTH FITNESS LIFESTYLE

Authors: Wener Hoeger, Wener WK Hoeger, Sharon A Hoeger, Sharon Hoeger

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ACADEMIC MISCONDUCT:

Academic misconduct includes cheating (using unauthorized materials, information, or study aids in any academic exercise), plagiarism, falsification of records, unauthorized possession of examinations, intimidation, and any and all other actions that may improperly affect the evaluation of a student's academic performance or achievement, or assisting others in any such act or attempts to engage in such acts. Academic misconduct in any form is inimical to the purposes and functions of the school and therefore is unacceptable and prohibited.

Any faculty member, administrator or staff member may identify an act of academic misconduct and should report that act to the department head or administrative supervisor.

Students violating the standards of academic honesty are subject to disciplinary action including reduction of a grade(s) in a specific course, assignment, paper, or project; a formal or informal reprimand at the professorial, dean, or academic vice president level; expulsion from the class in which the violation occurred; expulsion from a program; or expulsion from the school.

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