



# U.S. INTERNATIONAL CHRISTIAN ACADEMY

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

**Grade/Course:** HEALTH II 9999999

**Grade Level:**11<sup>th</sup>High School

**A) TEXT BOOK:** Health II doesn't need a textbook.

The teacher should guide the readings through different Health articles and perhaps.

**Order No.:** 1

**Code:**HEA8000

**Class Type:**Online

**Resources:**

Text book  
Teacher works CD  
Teacher interactive online  
Links  
Skype  
Skype-Conference  
Photographs for use in teaching  
Zoom, Social Media

**Length:** 1 year

**Instructional Supports:**

Health Articles and Perhaps, Magazines, Journals, Websites Links, Conference, Videos, Comprehensive Reading Plan, Health Network, PBS Television, CNN Health, CNN Salud, Zoom, Skype, Social Media,

**Area:**Health

**Credits:** 1

**Total Numbers of class hours:**300 hrs

**Type:** Mandatory

**Standards:**

Florida Standards  
[www2.dadeschools.net](http://www2.dadeschools.net)

**Prerequisite:**

No requisite

## **B) Description:**

This course enhances the skills and learning objectives covered on Health I. It emphasizes on nutrition, first aid, physical fitness, diseases and disorders, drug-alcohol and tobacco, systems of the body, life cycle, STD's, HIV/AIDS, Covid 19 and abstinence- based sex education.

## **C) Objectives:**

Upon completion of this course, the students will be able to:

1. Develop a healthy personal and physical lifestyle.
2. Identify stressful situations and be able to manage stress.
3. Develop a long-range nutritional plan for healthful living.
4. Determine criteria for evaluating food products and food labels.
5. Evaluate physical fitness needs, interests, and opportunities.
6. Identify the most common diseases related to poor healthy habits and lack of physical activities, as well as the use of drugs, alcohol and tobacco.
7. Understand advantages of abstinence.
8. Evaluate the choice of friends, activities and the use of drugs can affect sexual decision-making.
9. Understand the consequences of sexual behavior and accept the responsibility for the behavior (HIV/AIDS, STD's and pregnancy).
10. Identify health issues caused by mass media and technology and how they affect health and safety.

## **D) Contents**

**Weekly lessons provided by faculty.**

## **E. Methodology**

<b>Academic Methodology:</b>	
Nutrition Log	20%
Physical Activities Log	20%
Stress Journal	20%
Articles reviews	20%

Assignments	20%
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### **F) Book Reference:**

1. Lifetime Health: Life Skills Workbook (Lifetime Health 2009) Paperback by RINEHART AND WINSTON HOLT (Author)
2. Fitness 100 Interactive Activities for Mental Health and Substance Abuse Recovery [Spiral-Bound]
3. Carol A. Butler (Author) 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, 1997 by 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 Wellness Paperback by Patrick Fanning (Editor) , Matt McKay (Editor)

### **H) Web Reference:**

- <http://www.fitness.gov/>
- <http://www.class.co.uk/links/>
- [www.http://www.marshhealthclasswebsite.weebly.com/links.html](http://www.marshhealthclasswebsite.weebly.com/links.html)
- [www.lausd.net/Sepulveda MS/ClassLinks/Aguinaga/page7.html](http://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...](http://www.whitehouse.gov/the-press-office/first-lady-launches...)
- [www.presidentschallenge.org](http://www.presidentschallenge.org)
- [www.fitness.gov/be-active](http://www.fitness.gov/be-active)
- [www.letsmove.gov/blog/2012/09/11/americas-youth-fitness](http://www.letsmove.gov/blog/2012/09/11/americas-youth-fitness)

### **I. Journals:**

Health and Fitness

**J. Magazines:**

Health and Fitness

**K. Organizations:**

President's Council on Fitness, Sports & Nutrition

**BOOK:**

Health II doesn't need a textbook.

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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.