

Course Syllabus & Parent Guide

Course Description

Elementary Health 2-3 helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, healthy behaviors, nutrition, disease prevention, conflict resolution, basic anatomy and physiology, and the values of respect and cooperation.

Units & Sections

This course is divided into the following Units and Sections. Each section within a unit can be completed in about one week.

SEMESTER 1

Unit 1: Health Communication

- 1.1 Course Introduction
- 1.2 Dimensions of Health
- 1.3 Goal Setting
- 1.4 Decision Making

Unit 2: Social Health

- 2.1 Personal Boundaries
- 2.2 Trusted Adults & Friendship
- 2.3 Respect & Cooperation
- 2.4 Conflict Resolution

Unit 3: Mental Health

- 3.1 Mental Health
- 3.2 Communication & Listening Skills
- 3.3 Stress Management
- 3.4 Grieving & Coping

Unit 4: Injury Prevention

- 4.1 Risks & Consequences
- 4.2 Injury Prevention
- 4.3 Household Safety
- 4.4 Emergency 911

SEMESTER 2

Unit 5: Nutrition & Fitness

- 5.1 Food Groups / Food Choices
- 5.2 Serving Sizes
- 5.3 Food Safety
- 5.4 Physical Activity

Unit 6: The Body

- 6.1 Major Body Parts & Functions
- 6.2 Life Cycle
- 6.3 Medication
- 6.4 Health Problems

Unit 7: Disease & Drugs

- 7.1 Bacteria & Viruses
- 7.2 Avoiding Illness
- 7.3 Alcohol, Tobacco & Drugs
- 7.4 Drug Refusal Skills

Unit 8: Consumer & Environmental Health

- 8.1 Influences on Health
- 8.2 Evaluating Health Sources
- 8.3 Consumer Health
- 8.4 Environmental Health

Course Tasks

Each section has the following tasks:

- **Game Plan**—an outline of tasks for that section
- **Lesson**—multimedia lessons about the section topic
- **Quiz***—answer questions from the lesson
- **Brain Exercise***—respond to a fitness question
- **Assignment***—section assignment

The items marked with * should be submitted for a grade.