

# 01\_Introduction to Health & Wellness

Content Area: **Science**  
Course(s):  
Time Period: **Full Year**  
Length: **1-2 weeks**  
Status: **Published**

## **General Overview, Course Description or Course Philosophy**

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This course is a university level course which tests student's knowledge of the impact of lifestyle on one's overall health and well-being including on their physical, mental, and emotional status. It examines interventions to improve health in the areas of nutrition, physical fitness, stress management, disease prevention, and addiction use disorders . An examination by Rutgers University is required to obtain 3 college credits and an official transcript from the university.

## **OBJECTIVES, ESSENTIAL QUESTIONS, ENDURING UNDERSTANDINGS**

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- Provide a comprehensive definition of health and wellness.
- Describe the impact of lifestyle choices on achieving personal health.

## **CONTENT AREA STANDARDS**

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VHEL.9-12.9.4.12.H.4

Demonstrate knowledge of human structure and function as well as diseases and disorders to pursue the full range of postsecondary education and career opportunities in this cluster.

Structure and Function

Modeling in 9–12 builds on K–8 experiences and progresses to using, synthesizing, and developing models to predict and show relationships among variables between systems and their components in the natural and designed worlds.

## **RELATED STANDARDS (Technology, 21st Century Life & Careers, ELA Companion Standards are Required)**

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WRK.9.1.2.CAP

Career Awareness and Planning

## **STUDENT LEARNING TARGETS**

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- Identify the Medical and Wellness Models of Health

- Identify various careers that focus on Health and Wellness
- Recall the definition of health

### **Declarative Knowledge**

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Students will understand that:

- Medical and Wellness Models of Health
- Key Points of World Health Organization definition of health
- Six dimensions of wellness
- Three health behaviors responsible for most of the actual causes of death
- Lifestyle disease
- Goals of Healthy People 2020-30
- Major health issues of college students
- Health Belief Model, Transtheoretical Model, and Theory of Reasoned Action/Theory of Planned Behavior

### **Procedural Knowledge**

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Students will be able to:

- Identify various Medical & Wellness Models compare and contrast
- Research on the WHO
- Identify various diseases that are linked to a stagnant lifestyle.
- Identify key national public health initiatives and summarize their efforts.
- Explore health issues faced by college students. -How can they be prevented
- Identify the various models: Health Belief Model, Transtheoretical Model, and Theory

of Reasoned Action/Theory of Planned Behavior (how are they similar/different)

## **EVIDENCE OF LEARNING**

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### **Formative Assessments**

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- 1) Checkpoint questions
- 2) Comprehension of key terms
- 3) Completion of Study Guide
- 4) Chapter Quiz-test Questions

### **Summative Assessments**

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- Diagrams
- Models
- Quizzes
- Tests

### **RESOURCES (Instructional, Supplemental, Intervention Materials)**

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- Worksheet on medical/health departments and medical abbreviations.

### **INTERDISCIPLINARY CONNECTIONS**

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- Integrate quantitative or technical information expressed in words in a text.

- Distinguish among facts, reasoned judgment based on research findings, and speculation in a text.
- Compare and contrast the information gained from experiments, simulations, video, or multimedia sources with that gained from reading a text on the same topic.

## **ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS**

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See link to Accommodations & Modifications document in course folder.