

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

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

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

CONTENT AREA STANDARDS

SCI.HS-LS1-2	Develop and use a model to illustrate the hierarchical organization of interacting systems that provide specific functions within multicellular organisms.
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.

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

LA.RH.11-12.3	Evaluate various perspectives for actions or events; determine which explanation best accords with textual evidence, acknowledging where the text leaves matters uncertain.
LA.RH.11-12.4	Determine the meaning of words and phrases as they are used in a text, including analyzing how an author uses and refines the meaning of a key term over the course of a text (e.g., how Madison defines faction in Federalist No. 10).
LA.RH.11-12.8	Evaluate an author's claims, reasoning, and evidence by corroborating or challenging them with other sources.
LA.WHST.11-12.1.B	Develop claim(s) and counterclaims using sound reasoning and thoroughly, supplying the

most relevant data and evidence for each while pointing out the strengths and limitations of both claim(s) and counterclaims in a discipline appropriate form that anticipates the audience's knowledge level, concerns, values, and possible biases.

LA.WHST.11-12.1.E

Provide a concluding paragraph or section that supports the argument presented.

WRK.9.1.2.CAP

Career Awareness and Planning

STUDENT LEARNING TARGETS

Declarative Knowledge

Students will understand:

- the Medical and Wellness Models of Health
- the key points of World Health Organization definition of health
- the six dimensions of wellness
- the three health behaviors responsible for most of the actual causes of death
- Lifestyle disease
- Goals of Healthy People ages 20-30
- Major health issues of college students
- the Health Belief Model, Transtheoretical Model, and Theory of Reasoned Action/Theory of Planned Behavior

Procedural Knowledge

Students will be able to:

- Identify various medical & wellness models
- compare and contract various medical & wellness models
- Research and describe the work conducted by the WHO.

- Identify various diseases that are linked to a stagnant lifestyle.
- Identify key national public health initiatives and summarize their efforts.
- Explore and provide ways to prevent health issues faced by college students.
- 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

Formative Assessments

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

Summative Assessments

- Benchmarks – departmental benchmark given at the end of MP1, MP2, or MP3 & MP4 b(Semester Based Course)
- Alternative Assessments
 - Lab inquiries and investigations
 - Lab Practicals
 - Exploratory activities based on phenomenon
 - Gallery walks of student work
 - Creative Extension Projects
 - Build a model of a proposed solution

- Let students design their own flashcards to test each other
- Keynote presentations made by students on a topic
- Portfolio

RESOURCES (Instructional, Supplemental, Intervention Materials)

Textbook Required by Rutgers University:

Health and Wellness, 11th Edition

ISBN-13: 978-1449687106

ISBN-10: 1449687105

- Worksheet on medical/health departments and medical abbreviations.

INTERDISCIPLINARY CONNECTIONS

- 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

See link to Accommodations & Modifications document in course folder.