

## Health and Fitness - Course Syllabus

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### **Description:**

Health and Fitness emphasizes the importance of knowledge, attitudes, and practices relating to personal health and fitness. It is a course designed to expose students to a broad range of issues and information relating to the various aspects of personal health, which include the physical, social, emotional, intellectual, and environmental aspects.

**Textbook:** Health and Fitness - Excel Education Systems, Inc. 2019 ©

### **Course objectives:**

Throughout the course, you will meet the following goals:

- Demonstrate knowledge base for various aspects of personal health.
- Research various personal health related topics.
- Analyze, integrate and translate personal health information.
- Apply critical thinking in differentiating between health facts and myths.
- Apply knowledge gained and values clarified into personal health plan for the future.

### **Contents:**

#### **Semester A**

- 1: Course Resources - Introduction
- 2: Healthy Decision Making
- 3: Emotions, Self-Esteem, and Personality
- 4: Managing Stress
- 5: Mental Disorders and Suicide
- 6: Family Relationships
- 7: Developing Positive Peer Relationships
- 8: Preventing Violence
- 9: Food and Nutrition
- 10: Making Healthy Food Choices
- 11: Digestion and Excretion
- 12: Movement and Coordination
- 13: Cardiovascular and Respiratory Health
- 14: Exercising and Fitness for Life

#### **Semester B**

- 15: Personal Care
- 16: Alcohol
- 17: Tobacco
- 18: Preventing Drug Abuse
- 19: Reproduction and Heredity
- 20: From Pregnancy to Baby to Child
- 21: Adolescence and Adulthood
- 22: The Study of Infectious Disease
- 23: Sexually Transmitted Infections and AIDS
- 24: Chronic Diseases and Disabilities
- 25: Safeguarding the Public
- 26: A Healthy Community and Environment
- 27: Preventing Injuries

### **Grading Scale**

- A = 90-100%**  
**B = 80-89%**  
**C = 70-79%**  
**D = 60-69%**  
**F = under 59%**

### **Grade Weighting**

- Quizzes..... 70%**  
**Mid-Term/Final Exams.... 30%**  
**100%**