

West Linn–Wilsonville School District
Health & Physical Education – Course Statement

<u>Course Title: Healthful Living</u>	
Length of Course: Semester Number of Credits: 1 Grade Level: 11, 12 Prerequisites: Wellness I & II CIM Work Samples Offered in Course: None	Date of Description/Revision: 2005
Course Overview	
<p>Healthful living is designed to explore health issues involving sexuality, family dynamics, and interpersonal relationships. Students will partake in research, discussions, and exploration centered on how one’s own personal choices influence healthy and unhealthy lifestyles.</p>	
Essential Questions	Concepts providing focus for student learning
<ul style="list-style-type: none"> • How do we keep ourselves healthy? • How do we practice health-enhancing behaviors? • Why are relationships important? • Why is it important to set a goal for a healthy future? • How do we become advocates for personal, family and community health? 	
Proficiency Statements	
<p>Students will:</p> <ul style="list-style-type: none"> • Explore attitudes toward recognizing consequences of risky sexual behavior including teen pregnancy. • Explore how personal choices have an influence on prevention of Sexually Transmitted Infections (STIs) and teen pregnancy, healthy relationships, and healthy families. • Recognize aspects of positive self-esteem, and develop skills to improve self-esteem in themselves and others. • Recognize the role of abstinence and contraception in preventing pregnancy and decreasing the risk of STIs. • Demonstrate an understanding of the reproductive system, conception, fetal development, and childbirth. • Explore the grieving process and the cultural aspects of death and dying in our society. • Explore and understand the necessary preparedness needed to become healthy adults, responsible parents, and consumers in society. • Demonstrate improved oral communication, listening, vocabulary and writing skills related to 	

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<p>health education.</p> <ul style="list-style-type: none"> • Identify and gain an understanding on health related assistance, resources, including family planning, crisis management and prevention, coping and counseling. • Investigate peer and community influence on individuals. • Explore the environmental influence on the health of a community. • Investigate how public health policy and government regulations influence health promotion and disease prevention. • Students will explore how the prevention and control of health problems are influenced by research and medical advances. 	
General Course Topics/Units & Timeframes	
<ul style="list-style-type: none"> A. Healthy Relationships/Family: effective interpersonal communication, issues around dating, date rape, divorce, dysfunction families B. Emotional Health: discovering values, exploring issues of self-esteem, stress, and perfectionism C. Reproduction: pregnancy/labor/birth, issues of sexuality, teen pregnancy, reproductive systems D. Contraceptives/STIs: current contraceptive choices, relationship between behaviors and STIs E. Community Health: health-related community service F. Aging/Death/Dying: stages of grief, dealing with loss, relationships with the elderly 	
Resources	
<ul style="list-style-type: none"> • Text: <i>Health: Making Life Choices, 2nd Edition</i>, West Educational Publishing, 2000 	