

# Course Syllabus

## Description:

How can you manage to juggle it all?! Learn how to prepare and deal with real issues that impact your everyday life, such as mental health, nutrition, disease prevention, substance abuse, personal health, and safety. This course provides you with the facts that you will need to make informed decisions that are necessary to lead a healthy lifestyle and improve your quality of life.

**Credits:** 0.5

**Estimated Completion Time:** 1 Segments /16-18 weeks

## Segment One

### Module 01: Hello, Wellness!

- 01.00 Introducing Wellness
- 01.01 Wellness and You
- 01.02 Digital Life
- 01.03 Stress and Anxiety
- 01.04 Mental and Emotional Health
- 01.05 Time Management
- 01.06 Decision Making & Goal Setting
- 01.07 Hello, Wellness! Module Exam

### Module 02: Prevention Is Power

- 02.00 Welcome to Prevention Is Power
- 02.01 Making the Healthy Choice
- 02.02 Growing Pains
- 02.03 The More You Know
- 02.04 Be On the Lookout
- 02.05 Minimizing Your Risk
- 02.06 Prevention Is Power Module Exam

### Module 03: Family and Community

- 03.00 Your Family and Community
- 03.01 It's a Family Affair
- 03.02 It's Good to Have a Plan
- 03.03 Planning for Education
- 03.04 Navigating Healthcare
- 03.05 First Aid, CPR, and AED
- 03.06 Community Programs and Facilities
- 03.07 Family and Community Discussion-Based Assessment
- 03.08 Family and Community Module Exam

### Module 04: Eat Smart

- 04.00 Introducing Eat Smart
- 04.01 Nutrition and Physical Activity
- 04.02 Eating Habits
- 04.03 Meal Planning
- 04.04 Weight Management
- 04.05 Food Access
- 04.06 Diets
- 04.07 Eat Smart Module Exam

## **Module 05: Safety**

- 05.00 Welcome to Safety First!
- 05.01 Tolerance and Diversity
- 05.02 Healthy Relationships
- 05.03 Substance Use and Abuse
- 05.04 The Opioid Epidemic
- 05.05 Don't Hold Your Breath
- 05.06 On the Road
- 05.07 Safety Discussion-Based Assessment
- 05.08 Final Exam

### **Course Assessment and Participation Requirements:**

To achieve success, students are expected to submit work in each course weekly. Students can learn at their own pace; however, "any pace" still means that students must make progress in the course every week. To measure learning, students complete self-checks, practice lessons, multiple choice questions, projects, discussion-based assessments, and discussions. Students are expected to maintain regular contact with teachers; the minimum requirement is monthly. When teachers, students, and parents work together, students are successful.