

Course: Advanced Health
Length: 1 semester (18 weeks)

Course Description: This course will explore important health trends and issues that affect teens and Americans today. Students will study topics such as disease prevention, nutrition, the impact of smartphones on mental health, the importance of sleep, and the effects of substances like alcohol, tobacco, and vaping. The course will also cover the role of physical activity in maintaining health and the risks associated with concussions in sports. As part of the course, students will choose a health-related issue, conduct in-depth research, write a research paper, and present their findings to the class. The goal is for students to become informed advocates for healthier lifestyles and to raise awareness about critical health issues. This is an honors-level course, so students should have strong writing, research, and presentation skills. By the end of the course, students will not only be knowledgeable about current health topics but also equipped to promote positive health changes in their communities. This course will involve a physical fitness component to it where students will be exploring various types of fitness programs and applying learning to their own personal fitness goals. In addition, students will reflect on the physical and mental benefits of these activities. Each student will be responsible for researching and leading a specific type of physical activity.

Prerequisites: This will be an honors class due to the rigorous research paper and presentation aspect of the class. Students should be upperclassmen and be decent writers, critical thinkers, and presenters.

Course outline:

- 1.) Health issues facing us today
- 2.) Health and disease prevention
- 3.) Nutrition for optimal health
- 4.) Smart phones and impact on mental health
- 5.) Sleep and optimal health
- 6.) Concussions in sports
- 7.) Physical activity for optimum health
- 8.) Personal fitness plan
- 9.) Sleep and optimal health
- 10.) Alcohol, tobacco, and vaping use and its impact on our health.
- 11.) Advocation project/presentation

Materials:

Articles, research papers, books, etc provided by Dr. Mueller and through student research.

Assessment:

- 1.) Class activities
- 2.) Research papers
- 3.) Research presentation
- 4.) Exams

IL State Standards: 19.B.5b, 19.C.5a, 20.A.5a, 20.A.5b, 20.B.5a, 20.B.5b, 20.B.5c, 20.C.5a, 20.c.5b, 20.C.5c, 21.B.5a, 22.A.5a, 22.A.5b, 22.A.5c, 22.B.5a, 22.D.5a, 22.A.5a, 22.B.5a, 22.D.5a, 24.B.5a, 24.C.5a,

08052A000 Health and Fitness

Health and Fitness courses combine the topics of Health Education courses (nutrition, stress management, substance abuse prevention, disease prevention, first aid, and so on) with an active fitness component (typically including aerobic activity and fitness circuits) with the intention of conveying the importance of life-long wellness habits.