Health and Personal Fitness - Course Syllabus

Description:
Health and Personal 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.


Course objectives:
* 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**
Making Healthy Decision  
Personality, Self-Esteem, and Emotions  
Managing Stress  
Mental Disorders and Suicide  
Family Relationships  
Building Healthy Peer Relationships  
Preventing Violence  
Food and Nutrition  
Making Healthy Food Choices  
Digestion and Excretion  
Movement and Coordination  
Cardiovascular and Respiratory Health  
Exercise and Lifelong Fitness

**Semester B**
Personal Care  
Alcohol  
Tobacco  
Preventing Drug Abuse  
Reproduction and Heredity  
Pregnancy, Birth, and Childhood  
Adolescence and Adulthood  
Infectious Diseases  
Sexually Transmitted Infections and AIDS  
Chronic Diseases and Disabilities  
Safeguarding the Public  
A Healthy Community and Environment  
Preventing Injuries

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

Grade Weighting
- Chapter Quizzes……….. 50%
- Cumulative Exam .......... 50%
- 100%