

Florida Department of Education

COURSE DESCRIPTION - GRADES 9-12, ADULT

Subject Area: Health
Course Number: 0800300
Course Title: Health I - Life Management Skills
Credit: 0.5

Will meet graduation requirement for Life Management Skills

- A. Major Concepts/Content.** The purpose of this course is to develop and enhance critical life management skills necessary to make sound decisions and take positive actions for healthy and effective living.

The content should include, but not be limited to, the following:

- human growth and development through adulthood
- positive emotional development, including suicide and violence prevention
- communication, interpersonal, and coping skills
- responsible decision-making and planning
- nutrition and physical activity
- tobacco, alcohol, and other drug use and abuse
- consumer knowledge
- health-related community resources
- safety education, including one-rescuer cardiopulmonary resuscitation (CPR), first aid for obstructed airway, and injury prevention
- disease prevention and control, including HIV/AIDS and other STDs
- family life education, including human sexuality, sexual abstinence, and pregnancy prevention
- personal health and individual wellness planning
- health advocacy skills

This course shall integrate the Goal 3 Student Performance Standards of the Florida System of School Improvement and Accountability as appropriate to the subject matter.

- B. Special Note.** Any student whose parents make a written request to the school principal shall be exempt from HIV/AIDS and human sexuality instructional activities. Course requirements for HIV/AIDS and human sexuality education shall not interfere with the local determination of appropriate curriculum which reflects local values and concerns.

- C. **Course Requirements.** These requirements include, but are not limited to, the benchmarks from the Sunshine State Standards that are most relevant to this course. Benchmarks correlated with a specific course requirement may also be addressed by other course requirements as appropriate.

After successfully completing this course, the student will:

1. **Demonstrate skills in self-awareness, self-acceptance, and self-improvement.**
 - HE.A.1.4.3 understand the relationships among physical, mental, emotional, and social health throughout adulthood.
(**Note:** Topics such as suicide prevention, bulimia, anorexia, depression, etc., are included in this course.)
 - HE.B.1.4.4 know strategies for improving or maintaining personal, family, and community health.
 - HE.B.2.4.3 know how information from peers, family, and the community influences personal health.

2. **Demonstrate skills which facilitate interpersonal communication and enhance marriage, family, and interpersonal relationships.**
 - HE.B.2.4.4 know how ethnic and cultural diversity both enrich and challenge healthy living.
 - HE.B.3.4.2 know techniques for communicating care, consideration, and respect of self and others (e.g., encouragement, trust, and sexual abstinence).
 - HE.B.3.4.3 know positive strategies for expressing needs, wants, and feelings.
 - HE.B.3.4.4 know skills for communicating effectively with family, friends, and others.
 - HE.B.3.4.5 know strategies for solving interpersonal conflicts without harming self and others (e.g., peer mediation skills).
 - HE.B.3.4.6 understand the possible causes of conflict among youth in schools and communities (e.g., ethnic prejudice) and know methods for reducing that conflict (e.g., conflict-resolution skills and peer mediation).
 - HE.B.3.4.7 know strategies for dealing with individuals who are exhibiting dangerous behaviors (e.g., evading and avoiding dangerous situations).
 - HE.C.2.4.2 know methods for effectively expressing feelings and opinions on health issues.

HE.C.2.4.3 know strategies for overcoming barriers when communicating information, ideas, feelings, and opinions on health issues.

3. Demonstrate time-management and stress-management skills.

HE.A.1.4.3 understand the relationships among physical, mental, emotional, and social health throughout adulthood.

HE.B.1.4.3 know strategies for managing stress.

HE.B.3.4.8 understand various ways in which different families handle grief (e.g., in terms of cultural differences).

4. Demonstrate the steps involved in making responsible health-related decisions.

HE.C.1.4.1 know various strategies when making decisions related to health needs and risks of young adults (e.g., support-and-reward system).

HE.C.1.4.5 know how to make positive decisions related to injury, tobacco, nutrition, physical activity, sexuality, and alcohol and other drugs.

HE.C.1.4.6 know various strategies to use when applying the decision-making process regarding healthy habits (e.g., ways to avoid junk foods).

(**Note:** Examples also include wearing seat belts, helmets, and other protective gear, violence prevention, sexual abstinence, refusal skills, mediation skills, etc.)

5. Develop and implement a personal wellness plan that promotes mental, social, emotional, and physical health throughout the stages of life.

(**Note:** This plan should address nutrition, physical activity, stress management, money management, future plans and goals, personal health care, breast self-examination, testicular self-examination, and social and emotional needs.)

HE.A.1.4.9 understand how nutrient and energy needs vary in relation to gender, activity level, and stage of life.

HE.C.1.4.3 know methods for predicting the immediate and long-term impact of health decisions on the individuals who make them.

HE.C.1.4.4 know how to implement a plan for attaining personal health goals for the school year and know methods for evaluating progress.

6. **Determine the physical, mental, emotional, social, economic, and legal consequences of use, misuse, and abuse of alcohol, tobacco, and other drugs on the individual, family, and community.**
 - HE.B.1.4.1 understand the role of individual responsibility regarding personal risk behaviors.
 - HE.C.1.4.5 know how to make positive decisions related to injury, tobacco, nutrition, physical activity, sexuality, and alcohol and other drugs.

7. **Make sound consumer decisions by evaluating consumer information, advertisements, services, and products.**
 - HE.A.2.4.3 know how to evaluate factors that influence personal selection of health products and services.
 - HE.A.2.4.5 know how to analyze the cost and accessibility of health-care services.
 - HE.B.2.4.2 understand the role of governmental agencies in regulating advertising claims related to health.

8. **Demonstrate knowledge of services provided by health, consumer, social service, and other related agencies in the community, and ways to access them.**
 - HE.A.2.4.4 know how to access school and community health services for self and others.

9. **Perform emergency first aid procedures, including one-rescuer cardiopulmonary resuscitation (CPR) and first aid for obstructed airway.**
 - HE.B.1.4.5 know injury-prevention and injury-management strategies for personal, family, and community health.

10. **Identify the benefits of sexual abstinence and consequences of teenage pregnancy.**
 - HE.B.1.4.2 know strategies for health enhancement and risk reduction.
 - HE.B.3.4.2 know techniques for communicating care, consideration, and respect of self and others (e.g., encouragement, trust, and sexual abstinence).

- 11. Demonstrate understanding of the effects of communicable diseases, including HIV/AIDS and other sexually transmitted diseases, on the individual, family, and the community.**
 - HE.B.1.4.2 know strategies for health enhancement and risk reduction.
 - HE.B.2.4.3 know how information from peers, family, and the community influences personal health.

- 12. Develop and implement a plan to promote a health issue of relevance to the school or local community (e.g., a health fair, a health issue campaign, an environmental issue campaign, etc.).**
 - HE.C.2.4.1 know oral, written, audio, and visual communication methods to accurately express health messages (e.g., through an audiovisual public service announcement).
 - HE.C.2.4.3 know strategies for overcoming barriers when communicating information, ideas, feelings, and opinions on health issues.
 - HE.C.2.4.5 know methods for working cooperatively with others to advocate for healthy communities (e.g., community service projects and health careers).
 - HE.C.2.4.6 know effective techniques for supporting community, state, and federal agencies that advocate healthier communities.