



Syllabus for Health

Welcome to JM051/JM052: Health!

Please read the information in this syllabus before proceeding to the course materials.

Credits: 1 credit hour

Prerequisite: none

Instructional Team

Teacher Contact Information

Bryan Carver
bcarver@jmhs.com

Our Academic Advisors are also available to help you when you need it. They are trained to provide tutoring in all subjects or answer your questions about the course or program.

Phone: 1-800-224-7234

Hours: 8:30AM – 8:30PM EST Monday-Friday

Textbook

This course does not require a textbook. All material is provided online.

Course Description

Our Health course outlines the importance of the physical, mental and social aspects of a healthy body. The course shows how personal choices can lead to positive or negative effects relating to these three aspects. Topics in the course will include physical fitness, nutrition, stress management, mental disorders, anatomy and physiology of the human body, STIs, tobacco, drug, and alcohol abuse. Comprehension will be assessed through multiple choice exams.

Course Learning Objectives

Upon completion of this course, you should be able to:

- Describe the most important elements of health.
- Explain the stages of human growth and development.
- Describe the impact of substance abuse on the body.
- Explain some of the choices that can make a person healthier.
- Identify credible sources of information on health topics.
- Describe careers in the healthcare field.
- Describe the anatomy and functions of each human body system.
- Identify and define common terms related to each human body system.
- Identify medical specialties related to the human body system.



Course Lessons

The following lessons are covered in JM051: Health Part 1:

Lesson 1: Introduction to Health

The health triangle and its components; why the health triangle is important in any discussion of health; the different areas of physical, mental, and social health; ways to improve nutrition; the definition of energy balance; the guidelines for achieving better sleep; the guidelines for improving physical fitness.

Lesson 2: Mental and Social Health

Detailed explanation of mental and social health; the different types of stress and how stress can be effectively managed; conflict and its impact on wellness; methods for handling conflict; the important of resistance skills; mediation and how it works.

Lesson 3: Growth and Development

An introduction to the different body systems and their functions; the changes that occur during conception, pregnancy, and childbirth; the different stages of the life cycle.

Lesson 4: Sexual Health

Guidelines for sexual health; the types, symptoms, and treatment of sexually transmitted infections (STIs); the treatment for common STIs; protection from STIs; prevention of unwanted pregnancies.

Lesson 5: Alcohol and Tobacco

Alcohol and how it affects the body; some of the consequences of alcohol abuse; tobacco and where it comes from; the effects of tobacco on the body.

Lesson 6: Drugs

The difference between legal and illegal drugs; the main categories of drugs and how they impact the body; the circle of addiction; the help available to people with addictions.

Lesson 7: Personal Health and Safety

The steps to follow to maintain physical hygiene; communicable and chronic diseases; how to reduce the chances of developing such diseases.

Lesson 8: Injury Prevention

How to stay safe while participating in fitness activities; common types of food poisoning; basic first aid procedures; items to include in a first aid kit; how to treat minor strains and sprains.

Lesson 9: Environmental Health

Different types of pollution; conservation and recycling; making conservation and recycling part of daily life.

Lesson 10: Health Information and Careers

Where to find health resources; how to identify credible sources of information; jobs and careers in the health field; where to look for additional information about healthcare careers.



Course Lessons

The following lessons are covered in JM052: Health Part 2:

Lesson 1: Integumentary and Musculoskeletal Systems

The anatomy and functions of the integumentary system; common terms related to the integumentary system; the anatomy and functions of the musculoskeletal system; common terms related to the musculoskeletal system.

Lesson 2: Digestive, Cardiovascular, and Lymphatic Systems

The anatomy and functions of the digestive system; common terms related to the digestive system; the anatomy and functions of the circulatory and lymphatic systems; common terms related to the circulatory and lymphatic systems.

Lesson 3: Respiratory and Endocrine Systems

The anatomy and functions of the respiratory system; common terms related to the respiratory system; the anatomy and functions of the endocrine system; common terms related to the endocrine system.

Lesson 4: Nervous System, Special Sense Organs, and Urinary System

The anatomy and functions of the nervous system; common terms related to the nervous system; the special senses; the parts and functions of the eye; terms, conditions, and procedures related to eyesight; the parts and functions of the ear; terms, conditions, and procedures related to hearing; the anatomy and functions of the urinary system; common terms related to the urinary system.

Lesson 5: Reproductive System

The anatomy and functions of the female reproductive system; common terms related to the female reproductive system; the anatomy and functions of the male reproductive system; common terms related to the male reproductive system.

Lesson 6: Medical Specialties

The gynecology, obstetrics, and neonatology specialties; common terms related to pregnancy; common conditions and procedures related to these specialties.