



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 risk factors, physical fitness, nutrition, stress management, mental disorders, anatomy and physiology of the human body, STDs, 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:

- demonstrate an understanding of social, mental and physical health concepts.
- describe the impact of nutrition and physical activity on weight management.
- create a personal fitness plan and establish healthy eating habits.
- identify stress related concepts and strategies to manage stress
- identify different mental disorders and their various treatments.
- distinguish systems of the human body.
- list causes, types, symptoms and treatments of sexually transmitted diseases.
- list signs of drug abuse, impact of drug abuse, and treatment options.



Course Lessons

The following lessons are covered in JM051/JM052: Health:

Part 1

Lesson	Read/Submit	Topics
Lesson 1	Lesson 1 Exam 1	Factors promoting healthy living; Behavioral risk factors; Strategies for healthy living; Goal setting
Lesson 2	Lesson 2 Exam 2	Health benefits of physical fitness; Developing a personal fitness plan.
Lesson 3	Lesson 3 Exam 3	CDC dietary guidelines; Food groups; Recommended daily food servings
Lesson 4	Lesson 4 Exam 4	Weight management; Exercise best practices; Dieting myths and facts; Types and treatments of eating disorders; Educating the public on eating disorders.
Lesson 5	Lesson 5 Exam 5	Body image and mental health; Positive self-talk and improving mental health; Positive thinking and mental health.
Lesson 6	Lesson 6 Exam 6	Causes, signs, gender differences, and health implications of stress; Effectively managing stress; Causes and symptoms of post-traumatic stress disorder; Critical incident stress management
Lesson 7	Lesson 7 Exam 7	Depression and suicide across age and gender; Warning signs and strategies to prevent suicide.
Lesson 8	Lesson 8 Exam 8	Causes, symptoms, and treatments of anxiety disorders, bipolar disorder, and borderline personality disorder.

Part 2

Lesson	Read/Submit	Topics
Lesson 1	Lesson 1	Physiological functions,



	Exam 1	anatomical parts, and structures of the skeletal and muscular systems.
Lesson 2	Lesson 2 Exam 2	Physiological functions, anatomical parts, and structures of the nervous and cardiovascular systems.
Lesson 3	Lesson 3 Exam 3	Physiological functions, anatomical parts, and structures of the digestive, urinary, and respiratory systems.
Lesson 4	Lesson 4 Exam 4	Physiological functions, anatomical parts, and structures of the endocrine and reproductive systems.
Lesson 5	Lesson 5 Exam 5	Causes, symptoms, and treatments of STDs, HIV, and AIDS; Differences between HIV and AIDS.
Lesson 6	Lesson 6 Exam 6	Drugs and the brain; Commonly abused drugs, discuss symptoms, and health effects; Drug abuse trends; Drug abuse treatment methods.
Lesson 7	Lesson 7 Exam 7	Alcohol abuse research; Alcohol and the brain; Alcohol dependency; Treatment of alcohol dependence.
Lesson 8	Lesson 8 Exam 8	Addictiveness of tobacco and smoking; Strategies to quit smoking.