

LIFE MANAGEMENT SKILLS 3: HEALTH & WELLNESS

Course Description

Life skills help people make responsible and informed choices and can promote healthy lifestyles as well as career skills. Nutrition, good exercise and adequate sleep are vital to this pursuit of health and wellness. But substance abuse, stress, mental health, and sexual health are critical, too, and can mean the difference between staying focused in life or deviating from your intended path of success. Employing safety measures on every level helps you be secure no matter where you are. Your health and wellbeing impact every aspect your life. The life skills focused on in this course will include healthy mind, body, exercise, nutrition, weight, sleep, substances, and sexual health. This course will culminate in a Final Project.

Prerequisite

None

Credit Requirement Area

Elective

Learning Objectives

- Students will describe healthy eating habits and techniques for making healthy food choices.
- Students will describe how physical fitness and exercise can impact both body and brain.
- Students will identify ways to ensure good sleep habits for physical and mental health.
- Students will describe substance abuse and warning signs of substance abuse risk.
- Students will describe the effects of alcohol and drug abuse on the body and how to find related information and guidance.
- Students will examine sources and signs of student stress and healthy ways to manage stress to fit your lifestyle.
- Students will describe indicators of mental health issues on campus and strategies for improving mental health issues.
- Students will identify suicide warning signs and resources for further information about mental health issues.
- Students will describe types of sexually transmitted diseases and how to prevent STIs or unintended pregnancies.
- Students will identify risks of sexual assault, including date rape, and where to go for help.

Suggested Weekly Schedule

Week	Graded Activities	Suggested Due Date	% Points
1	Assignment 1: Health Management Inventory	Monday of Week 1	25%
	Assignment 2: Skills for a Healthy You	Tuesday of Week 1	25%
	Assignment 3: Skills for a Healthy Mind	Wednesday of Week 1	25%
	Assignment 4: Stress Management	Thursday of Week 1	25%
Week 1 Total Percentage Towards Final Grade			16.6%
2	Assignment 1: Nutrition	Monday of Week 2	33.3%

Week	Graded Activities	Suggested Due Date	% Points
	Assignment 2: Nutrients	Wednesday of Week 2	33.3%
	Assignment 3: Skills for Healthy Eating	Friday of Week 2	33.4%
Week 2 Total Percentage Towards Final Grade			16.6%
3	Assignment 1: Exercise	Monday of Week 3	33.3%
	Assignment 2: Physical Activity/Exercise	Wednesday of Week 3	33.3%
	Assignment 3: Skills for a Healthy Body	Friday of Week 3	33.4%
Week 3 Total Percentage Towards Final Grade			16.6%
4	Assignment 1: Healthy Weight	Monday of Week 4	33.3%
	Assignment 2: Sleep	Wednesday of Week 4	33.3%
	Assignment 3: Importance of Sleep	Friday of Week 4	33.4%
Week 4 Total Percentage Towards Final Grade			16.6%
5	Assignment 1: Substance Abuse	Monday of Week 5	33.3%
	Assignment 2: Tobacco Use	Wednesday of Week 5	33.3%
	Assignment 3: Alcohol and Drug Abuse	Friday of Week 5	33.4%
Week 5 Total Percentage Towards Final Grade			16.6%
6	Assignment 1: Mental Health	Monday of Week 6	25%
	Assignment 2: Sexual Health	Tuesday of Week 6	25%
	Assignment 3: Sex Education	Wednesday of Week 6	25%
	Final Project	Friday of Week 6	25%
Week 6 Total Percentage Towards Final Grade			17%
WEIGHTED TOTAL			100%