**Introduction to Wellness II Course Outline**

**Course Title and Number:**Introduction to Wellness II (5215)

**Department:**Physical Education/ Wellness

**Course Description:**This course continues the promotion of behaviors that enhances student’s levels of wellness. The major components of this course are Addiction, Fitness and Nutrition, Non-Communicable Disease, and First Aid and CPR.

**Primary Course Materials:** Writing utensil and notebook are required. Most of the test and quizzes will be available in class or online at the Physical Education/ Wellness Department websites.

**Course Objectives:** By the end of this course, students will know and be able to acquire the knowledge and skills to be competent in making health-enhancing decisions regarding the use of medications and avoidance of substances, and in communicating about substance use/abuse prevention for healthier homes, schools, and communities.

* Be able to describe and define tobacco addiction.
* Be able to define blood alcohol content and its effects on driving.
* Be able to identify the health risks involved with marijuana.
* Be able to define alcoholism and describe the progressive stages of alcoholism.
* Be able to explain why alcoholism is called a family disease.
* Be able to describe the treatment for alcoholism.
* Be able to speak with individuals whose lives have been altered because of addiction.
* Be able to identify the harmful ingredients in tobacco smoke.
* Be able to identify the dangers of smokeless tobacco.
* Be able to identify why people choose to smoke.
* Be able to describe the health risks associated with smoking.
* Be able to identify the dangers of passive smoke.
* Be able to describe the financial costs of smoking to society.
* Be able to explain the difference between legal and illegal drugs.
* Student will be able to identify and recognize the signs of depression and will be provided with the appropriate resources.
* Identify different behaviors associated with dating violence and discuss preventative strategies.
* Students will understand the cycle of violence and discuss preventative strategies.
* Educating about GLBT awareness.
* Review and define the types of sexually transmitted infections, including HIV/AIDS, and how they are prevented.

**Unit Outline:**

**Unit 1- Alcohol/Drugs:** Students will be able to describe and define tobacco addiction, be able to define blood alcohol content and its effects on driving, define alcoholism and describe progressive stages of alcoholism, explain why alcoholism is a family disease, and find and describes treatments.

Assessment Tools: Written test, quizzes, homework

**Unit 2- Marijuana:** Students will be able to identify the health risks and dangers involved with marijuana.

Assessment Tools: Written test, quizzes, homework

**Unit 3- Tobacco:** Students will be able to identify the harmful ingredients in tobacco smoke, dangers of smokeless tobacco, identify why people choose to smoke, describe health risks associated with smoking, describe financial costs of smoking, and explain the difference between legal and illegal drugs.

Assessment Tools: Written test, quizzes, visuals, homework

**Unit 4- Depression:** Students will be able to identify and recognize the signs of depression and will be provided with the appropriate resources.

Assessment Tools: Written test, quizzes, homework

**Unit 5- Healthy Relationships:**  Students will understand the cycle of violence and discuss preventative strategies.

Assessment Tools: Written test, quizzes, visuals, homework

**Unit 6- Communicable and Non-Communicable Diseases/ STIs:** Students will review and define the types of sexually transmitted infections, including HIV/AIDS, and how they are prevented. Students will learn and present a PowerPoint on a specific disease.

Assessment Tools: Project, visuals, homework

**Major Evaluation Strategies:**

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| **Name of Assessment** | **Type of Assessment** | **MA or Common Core Standards Assessed** |
| Test | Online/ Written Test | * Be able to describe and define tobacco addiction. * Be able to define blood alcohol content and its effects on driving. * Be able to identify the health risks involved with marijuana. * Be able to define alcoholism and describe the progressive stages of alcoholism. * Be able to explain why alcoholism is called a family disease. * Be able to describe the treatment for alcoholism. * Be able to speak with individuals whose lives have been altered because of addiction. * Be able to identify the harmful ingredients in tobacco smoke. * Be able to identify the dangers of smokeless tobacco. * Be able to identify why people choose to smoke. * Be able to describe the health risks associated with smoking. * Be able to identify the dangers of passive smoke. * Be able to describe the financial costs of smoking to society. * Be able to explain the difference between legal and illegal drugs. * Student will be able to identify and recognize the signs of depression and will be provided with the appropriate resources. * Identify different behaviors associated with dating violence and discuss preventative strategies. * Students will understand the cycle of violence and discuss preventative strategies. * Educating about GLBT awareness. * Review and define the types of sexually transmitted infections, including HIV/AIDS, and how they are prevented. |
| Quizzes | Online/WrittenQuizzes |
| Communicable/Non-Communicable Disease Project | PowerPoint |

\*\*\*Subject to change