

LIFE SKILLS HEALTH

Course Description: Life Skills Health is a ½ credit, interdisciplinary elective course in which students gain an understanding of the knowledge, attitudes, skills and behaviors impacting healthy lifestyles. This course provides basic principles of individual and family well-being; wellness; nutrition; non communicable diseases; goals, decisions, time management and stress management; behavioral choices, mental health problems; conflict resolution; body systems and structure; first aid, emergencies and safety; related careers. Leadership development will be provided through the Family, Career and Community Leaders of America.

Academic Expectations	Content/Process
	Students will
2.02	<ul style="list-style-type: none"> describe symptoms, causes, patterns of transmission, prevention, and treatments of communicable diseases (e.g. hepatitis, tuberculosis, STD/HIV) and non communicable diseases (cancer, diabetes, obesity, cardiovascular disease, arthritis, osteoporosis)
1.04	<ul style="list-style-type: none"> explain the process of human reproduction and development (e.g. conception, birth, childhood, adolescence, adulthood) and its impact on an individuals well being.
2.29	<ul style="list-style-type: none"> identify some positive and negative influences of peers on adolescent behavior. compare causes, symptoms/treatment of mental/emotional health for individual and family.
1.05	<ul style="list-style-type: none"> evaluate the risk (e.g. STD, Unwanted pregnancies, HIV/AIDS) of being sexually active and the strategies (e.g. abstinence, using refusal skills, talking with parents, doctors, Counselors) for delaying sexual activity.
3.7	<ul style="list-style-type: none"> use the decision making process
2.30	<ul style="list-style-type: none"> plan a personal budget.
4.01	<ul style="list-style-type: none"> analyze how responsible use of machinery; motorized vehicles and firearms reduce the risk of accidents and save lives.
4.02	<ul style="list-style-type: none"> explain how proper first aid procedures (CPR/ rescue breathing) for responding to emergency situations
5.4	<ul style="list-style-type: none"> develop personal short-term and long-term goals.
2.29	<ul style="list-style-type: none"> identify physical, psychological, social and health influences on personal wellness and practice social skills e.g. Dining etiquette
2.31, 3.2	<ul style="list-style-type: none"> analyze the causes and consequences of diet, exercise, rest and other substance choices on various body systems.
3.1	<ul style="list-style-type: none"> explain ways to make responsible buying decisions in relation to wants and needs.
2.29	<ul style="list-style-type: none"> plan menus for a day using Dietary Guidelines and evaluate a meal for essential nutrients
3.1	<ul style="list-style-type: none"> analyze advertising techniques that influence a consumer decision.
3.2	<ul style="list-style-type: none"> evaluate financial management practices, including budgeting, banking, savings and investments and credits.
3.3	<ul style="list-style-type: none"> predict how consumer actions impact the environment. evaluate food labels and nutritional facts for nutritional content.
3.5	<ul style="list-style-type: none"> evaluate the consequences of high-risk behaviors.
2.32	<ul style="list-style-type: none"> develop a plan to improve social skills.
3.3	<ul style="list-style-type: none"> describe relationship between agencies (public, private and non profit) and compare services.
2.30	<ul style="list-style-type: none"> compare consumer products and services.
2.36, 2.37	<ul style="list-style-type: none"> utilize activities of the Family, Career and Community Leaders of America student organization as an integral component of course content and leadership development.
2.1, 2.8, 4.1	<ul style="list-style-type: none"> apply math, science and communication skills within technical content.
2.37	<ul style="list-style-type: none"> demonstrate employability and social skills relevant to the career cluster.
4.3	<ul style="list-style-type: none"> analyze career pathways in Health services
Connections	
<ul style="list-style-type: none"> National Standards for Family and Consumer Sciences Secretary’s Commission on Achieving Necessary Skills (SCANS) Kentucky Core Content for Assessment Version 4.0 	