OB001: Health

Course Description

The OHS Health and Wellness course is a self-paced course for students without a previous health class or AP Biology. In this course, students will gain the knowledge and skills necessary to maintain a long and healthy life, by identifying and avoiding dangerous environments and risky behavior, and preventing common communicable and chronic diseases. Students will also gain an appreciation for how the human body and mind works. Using the course workbook as a guide, the course can be completed in less than a semester.

Learning Objectives

Through the successful completion of this course:

- Students will understand how the human body and mind works in its healthy state and common ailments that can disrupt their health.
- Students will be able to identify choices, behaviors, and environments that put their health at risk.
- Students will understand the causes and risk factors associated with today’s most common chronic and communicable diseases.
- Students will know the changes to their health that they can expect in both the near and distant future.
- Students will appreciate the responsibility they have in maintaining the health of their community.

Course Design

This course is designed to be pass or no pass. As such, the sole assessment is an exam to be taken upon completion of the course. This exam will be a proctored multiple-choice test consisting of 100 multiple-choice, matching, and fill-in-the-blank style questions. In order to pass, students must receive an 80% or better score on this exam.

Students’ approach to the course is to be decided independently. Students may use any or all of the course components described below to achieve proficiency in the course content. They may take the exam whenever they feel they are ready provided that they take it before the final day of the semester in which they are enrolled. To assess their readiness, students can take the short sample exam included at the end of the course workbook. Students can take the final exam up to two times. While students will be solely responsible for their progress through the course, the instructor is available to answer any questions that students might have.

Course Components

The following resources are available to students to meet the course objectives.

- **The Lectures**: Pre-recorded lectures are available in Centra. Lectures are approximately 30 minutes in length, but this may vary as the topics require.

- **The Workbook**: The workbook contains a lot of useful information.
  - **Course Progress Checklist**: This checklist is a way for students to track their progress through the course. It contains a list of lectures and corresponding unit worksheets.
• **Unit Worksheets:** The unit worksheets contain a series of multiple choice questions to test their knowledge of the lecture content. Answers will be provided in a separate document.

• **Sample Exam:** This is a partial-length exam that students can use to determine their readiness for the final assessment and to preview the types of questions that students are likely to see.

• **The Recommended Textbook:**
  - *Health The Basics*, Rebecca J. Donatelle
    Pearson Benjamin Cummings.