HEALTH LIFE MANAGEMENT

CREDIT HOURS: 0.5  COURSE LENGTH: 1 Semester

COURSE DESCRIPTION

The course concentrates on total health by focusing on physical and mental health areas that include: physical development, mental and emotional stress, relationships, substance awareness, social disease awareness, and personal safety. The purpose of this course is to develop and enhance critical life management skills necessary to make sound decisions and take positive actions for healthy and effective living.

TOPIC OUTLINE

1. Introduction to Life Skills
2. How Skilled Should You Be?
3. Thinking About Yourself
4. Defining Your Character
5. Setting Your Goals
6. Making Plans
7. Thinking for Yourself: Introduction
8. Making Decisions
9. Evaluating Messages
10. Solving Problems
11. Taking Care of Yourself
12. Eating Well
13. Staying Well
14. Staying Safe
15. Smoking and Second-Hand Smoke
16. Just Say No to Alcohol and Drugs
17. Caring for Your Relationships
18. Communicating Skillfully
19. Being Part of a Team
20. Conflict Resolution
21. Stand Up
22. Identifying Your Interests
23. Learning Skills
24. Volunteer Your Time
25. Part-Time Work
26. Caring for Your World
27. Caring About Your Country
28. Good Citizenship
29. Environmental Awareness
30. Caring for Your Planet