TESTING OUT 2019

DEPARTMENT: Physical Education/Health

<table>
<thead>
<tr>
<th>COURSE TITLE</th>
<th>TEXT OR RESOURCES and AUTHOR</th>
<th>PUBLISHER AND DATE</th>
<th>ISBN</th>
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<tr>
<td>Skills for Health and Life</td>
<td>No Textbook is used for this course.</td>
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COURSE DESCRIPTION:

**Summary:** The Skills for Health and Life course at Okemos High School was developed to increase students' knowledge and insight concerning health issues while meeting the district's and the state’s one semester Health education requirement for graduation. This requirement is usually satisfied in the ninth grade year. The primary goal of Skills for Health and Life is to give the student critical health information and opportunities to build health skills that will develop life-long habits related to nutrition, physical activity, safety, drug and violence prevention, social and emotional health, and personal health and wellness. Students are taught the concept of holistic health, that is, in order to be healthy an individual must be physically, mentally, and socially well. Critical Health Topics that will be covered include: • Self-Awareness and Self-Respect • Healthy and Unhealthy Relationships • Stress Management • Healthy Nutrition and Physical Activity • Violence Prevention— including Bullying • Alcohol, Tobacco, and Other Drug Prevention • Safety, Including Distracted Driving • Getting and Giving Help. This course also includes a comprehensive Reproductive Health-Education unit.

COURSE SYLLABUS:

**Topics**

- Making Healthy Choices
- Personality and Self-Esteem
- Managing Stress
- Mental Disorders and Suicide
- Building Healthy Relationships
- Preventing Violence
- Reproduction and Heredity
- Pregnancy and Birth
- Food and Nutrition
- Making Healthy Food and Choices
- Digestion and Excretion
- Movement and Coordination
- Cardiovascular and Respiratory Health
- Exercise, Rest, and Recreation
- Personal Care
- Alcohol
- Tobacco
- Preventing Drug Abuse
- Infectious Diseases
- Aids and Sexually Transmitted diseases
- Non-Infectious Diseases and Disabilities
These are the topics that are covered on the exam. Students may want to refer to the Michigan Health standards @ www.michigan.gov/healthed

Other helpful websites are:
www.teenshealth.org
www.cdc.gov
www.choosemyplate.gov

Testing out will consist of a written exam of approximately 180 questions. Students will have 90 minutes to complete the exam. Students must score a 77% or better to pass the exam.

KEY COMPONENTS TO TESTING OUT
1. Name of Course Skills for Health and
2. Course description (above)
3. Course syllabus (above)
4. Final Requirements (check those that apply)
   ___X_ exam ___portfolio
   ___demonstration performances ___presentation
   ___papers ___projects
5. A description of the requirement(s) checked above and how it (they) will be assessed.
Testing out will consist of a written exam of approximately 180 questions. Students will have 90 minutes to complete the exam. Students must score a 77% or better to pass the exam.
6. Grade calculation for attainment of C+
Students must score a 77% or better to pass the exam.