



**Co Ed Health Education  
Waltrip High School**

Brandon Salinas – Instructor  
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**Course Description**

This course meets the district requirements for a high school student in the Houston Independent School District. It is aligned with the State as well as National Health Standards, focusing on the higher tiers of the National Standards.

**Course Purpose**

This course is designed to develop healthy behaviors that influence lifestyle choices resulting in a Health Literate individual.

**Unit 1: Foundations of Personal Health** This four-part unit focus on causes of stress; the physical response to stress; styles of communication; nutrition practices and preventive health care maintenance. In addition, the student will be provided with basic First Aid and Cardiopulmonary Resuscitation (CPR) instruction as well as skill development.

**Unit 2: Personal and Social Health** This four-part unit focuses on decisions making and problem solving associated with personal, social, and sexual health. Other topics include transmission and prevention of communicable and noncommunicable disease; maintaining healthy relationships; accessing school and community resources; avoiding and/or abstaining from risk taking behaviors such as gang activity, violence, weapons, accidental injuries, and unprotected sexual activity.

**Unit 3: Prevention and Intervention** This six-part unit focuses on addictive behaviors and legal consequences; abstinence from sexual activity; life cycle from conception to birth; legal implication regarding sexual activity; harassment, acquaintance rape, sexual abuse, and violence; positive and negative effects of various relationships between family and friends; and assessing available health services in the community.



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**Unit 4: Foundations of Personal Health** This four-part unit focus on causes of stress; the physical response to stress; styles of communication; nutrition practices and preventive health care maintenance. In addition, the student will be provided with basic First Aid and Cardiopulmonary Resuscitation (CPR) instruction as well as skill development.

**Unit 5: Personal and Social Health** This four-part unit focuses on decisions making and problem solving associated with personal, social, and sexual health. Other topics include transmission and prevention of communicable and noncommunicable disease; maintaining healthy relationships; accessing school and community resources; avoiding and/or abstaining from risk taking behaviors such as gang activity, violence, weapons, accidental injuries, and unprotected sexual activity.

**Unit 6: Prevention and Intervention** This six-part unit focuses on addictive behaviors and legal consequences; abstinence from sexual activity; life cycle from conception to birth; legal implication regarding sexual activity; harassment, acquaintance rape, sexual abuse, and violence; positive and negative effects of various relationships between family and friends; and assessing available health services in the community.

**Grading Policy**

Daily 40%

Test 30%

Quiz 20%

Other 10%

**Course Materials**

Students will need to bring their laptops every day to class. As we are a Power Up campus, our assignments will be aimed at empowering our students to engage in today's digitally wired world. Most if not all of our assignments will be done through the "HUB".