

## HEALTH / MEDICAL

### HEALTH (.5 credit)

#### Grades: 9-12

This Health course will help you develop the knowledge and skills you need to make healthy decisions that allow you to stay active, safe and informed. The lessons, discussions, research, and writing activities are designed to introduce students to important aspects of the main types of health: emotional and mental, social and consumer, and physical. Students will explore nutrition, understanding and avoiding disease, first aid and CPR, and human sexuality. You will find out about the components of a healthy lifestyle and ways to approach making healthy choices and decisions.

NOTE: This course does not fulfill NYSED CPR and Automated External Defibrillators instructional requirement. This requirement must be fulfilled by the student's individual school district.

### MEDICAL TERMINOLOGY: A Short Course (.5 credit)

#### Grades: 10-12

Would you like to speak the same language as the medical professionals? This is a course for students who are pursuing a medical career where they will learn the foundation of medical terms in the field. Students will master the basics of medical terminology and begin speaking and writing medical terms. Students will build a working medical vocabulary of the most frequently encountered suffixes, prefixes, and word roots in context to the human anatomy and physiology.

### Nutrition & Wellness (.5 credit)

#### Grades: 9-12

To keep our body and our mind running like finely tuned machines, we need to use the right fuel. For humans, that means nourishing our bodies with the right foods. In this course, you'll explore how food affects essential aspects of your life from your weight to how you age to how well you think. You'll also examine how outside influences- family, peers, and the media- can affect your diet and your perception of food and how to set yourself up for nutritional success. Are you interested in a career in holistic wellness? Start your health journey now with Nutrition and Wellness.