LIBERTY UNIVERSITY | *Online Academy*

Girl's Health I
HPEG111

Course Description

Health is designed for 9th grade students but can be taken by a high school student on any level. It will guide the students to establish a biblical worldview regarding the body and overall health. Students will investigate topics on physical, mental-emotional, social and spiritual health including nutrition, community, online safety, and developing a biblical worldview about the body. Students will perform these activities and provide submissions to their instructor for grading—male students with male teachers and female students with female teachers. Following this course, a student should have a deeper understanding of health and physical fitness from a variety of disciplines.

Rationale

Health education enhance the overall wellness of a student. The study of health allows for practical application to become whole as one lives abundant and healthy life. Further, this course incorporates spiritual truths so that the student will gain insight on how best to heal, maintain, and grow in the non-physical areas of one's health. Learning how to better care for one's own health will equip the student to be better prepared to likewise contribute to the health of others.

Prerequisite

None

Biblical Integration Outcomes

A. Students will explain the value of having a positive self-image and self-esteem.
B. Students will describe the different aspects of spiritual health (prayer, fasting, Bible reading).

Measurable Learning Outcomes

A. The student will identify and describe key health and safety concepts.
B. The student will identify healthy decisions.
C. The student will describe and demonstrate behaviors that promote health.
D. The student will identify basic structures of the body and basic spatial awareness concepts.
E. The student will identify basic concepts of energy balance.

Course Materials

See LUOA's [Systems Requirements](#) for computer specifications necessary to operate LUOA curriculum. Also view [Digital Literacy Requirements](#) for LUOA's expectation of users' digital literacy.

Note: Embedded YouTube videos may be utilized to supplement LUOA curriculum. YouTube videos are the property of the respective content creator, licensed to YouTube for distribution and user access. As a non-profit education institution, LUOA is able to use YouTube video content under the YouTube Terms of Service and the provisions of the TEACH Act of 2001. For additional information on copyright, please contact the [Jerry Falwell Library](#).

Course Grading Policies

The students' grades will be determined according to the following grading scale and assignment weights. The final letter grade for the course is determined by a 10-point scale. Assignments are weighted according to a tier system, which can be referenced on the Grades Page in Canvas. Each tier is weighted according to the table below. Items that do not affect the student's grade are found in Tier 0.

Grading Scale		Assignment Weights	
A	90-100%	Tier 0	0%
B	80-89%	Tier 1	25%
C	70-79%	Tier 2	35%
D	60-69%	Tier 3	40%
F	0-59%		

Course Policies

Students are accountable for *all* information in the Student Handbook. Below are a few policies that have been highlighted from the Student Handbook.

Types of Assessments

To simplify and clearly identify which policies apply to which assessment, each assessment has been categorized into one of four categories: Lesson, Assignment, Quiz, or Test. Each applicable item on the course Modules page has been designated with an identifier chosen from among these categories. Thus, a Quiz on the American Revolution may be designated by the title, "1.2.3 *Quiz*: The American Revolution." These identifiers were placed on the Modules page to help students understand which Honor Code and Resubmission policies apply to that assessment (see the Honor Code and Resubmission policies on the pages to follow for further details).

- **Lesson:** Any item on the Modules page designated as a "Lesson"
  These include instructional content and sometimes an assessment of that content. Typically, a Lesson will be the day-to-day work that a student completes.

- **Assignment:** Any item on the Modules page designated as an "Assignment"
  Typical examples of Assignments include, but are not limited to, papers, book reports, projects, labs, and speeches. Assignments are usually something that the student should do their best work on the first time.

- **Quiz:** Any item on the Modules page designated as a "Quiz"
  This usually takes the form of a traditional assessment where the student will answer questions to demonstrate knowledge of the subject. Quizzes cover a smaller amount of material than Tests.

- **Test:** Any item on the Modules page designated as a "Test"
  This usually takes the form of a traditional assessment where the student will answer questions to demonstrate knowledge of the subject. Tests cover a larger amount of material than Quizzes.

Resubmission Policy

Students are expected to submit their best work on the first submission for every Lesson, Assignment, Quiz, and Test. However, resubmissions may be permitted in the following circumstances:

- **Lesson:** Students are automatically permitted two attempts on a Lesson. The student may freely resubmit for their first two attempts without the need for teacher approval.

- **Assignment:** Students are intended to do their best work the first time on all Assignments. However, any resubmissions must be completed before the student moves more than one module ahead of that Assignment. For example, a student may resubmit an Assignment from Module 3 while in Module 4, but not an Assignment from Modules 1 or 2. High School students may not resubmit an Assignment without expressed written permission from the teacher in a comment.

- **Quiz:** Students may NOT resubmit for an increased grade.

- **Test:** Students may NOT resubmit for an increased grade.

If a student feels that he or she deserves a resubmission on a Lesson, Assignment, Quiz, or Test due to a technical issue such as computer malfunctioning, the student should message his or her teacher to make the request, and that request will need to be approved by a Department Chair.

Consequences for Violations to the Honor Code

Every time a student violates the Honor Code, the teacher will submit an Honor Code Incident Report. The Student Support Coordinator will review the incident and allocate the appropriate consequences. Consequences, which are determined by the number of student offences, are outlined below:

- **Warning:** This ONLY applies to high school Lessons and elementary/middle school Assignments and Lessons. These will be taken as a teaching moment for the student.

  - **Lessons:** A zero will be assigned for the question only.

- **Elementary/Middle School Assignment:** The student must redo their work. However, they may retain their original grade.

- **1st Offense:**

    - **Lesson, Quiz, or Test:** The student will receive a zero on the entire assessment.

    - **Assignment:** The student will either:

        - Receive a 0% on the original assignment
        - Complete the Plagiarism Workshop
        - Retry the assignment for a max grade of 80%

- **2nd Offense:** The student will receive a zero and be placed on Academic Probation.

- **3rd Offense:** The student will receive a zero and the Faculty Chair will determine the consequences that should follow, possibly including withdrawal from the course or expulsion from the academy.

Scope and Sequence
Health I

Module 1: Introduction & Spiritual Health

Week 1: Spiritual Health, Part I
Week 2: Spiritual Health, Part II

Module 2: Nutrition

Week 3: Introduction to Nutrition
Week 4: Vitamins & Minerals
Week 5: Nutrition Planning

Module 3: Health & Wellness

Week 6: Body Systems & Endocrine System
Week 7: Health & Wellness
Week 8: Personal & Social Health

Module 4: Diseases

Week 9: Diseases, Part I
Week 10: Diseases, Part II

Module 5: First Aid

Week 11: First Aid
Week 12: CPR & AED

Module 6: Emotional Health

Week 13: BMI & Eating Disorders
Week 14: Emotional Health
Week 15: Risks & Risky Behavior

Module 7: Online Safety

Week 16: Social Media & Online Safety, Part I
Week 17: Social Media & Online Safety, Part II
Week 18: Final Exam