

**Course of Study for the
Interdisciplinary Studies Health Sub-domain**

Health and Nutrition (IHC4)

Course Description

This document outlines the sequence of learning activities students should complete to help prepare to demonstrate competence in this subject area. The timeline represents the standard number of weeks that should be allowed to prepare for an assessment. These steps may be completed more quickly than shown below as determined in consultation with your Mentor.

Learning Tasks and Standard Timeline

In general students should take no longer than five (5) weeks to complete the modules associated with the IHC4 assessment. Students may, of course, accelerate this pace. By following the schedule below students should be able to meet the goal:

Week 1: Module 3

Weeks 2 and 3: Module 4

Weeks 4 and 5: Module 5

Competencies

Within the Health, Fitness, and Physical Education sub-domain there is one (1) competency.

Subdomain 102.7 — IS Health, Fitness, & Physical Education

Competency 102.7.1: Health, Fitness, & Physical Education

The graduate describes the importance and foundations of good health and physical fitness, particularly for children and adolescents.

Required Learning Resources

Anspaugh, D. & Ezell, G. (2004). *Teaching Today's Health*, 7th ed. Pearson/Benjamin Cummings. ISBN 0805354956

Learning Tasks

Note: For a more in-depth and modular listing of the learning tasks, go to:

<http://pilot.educommons.usu.edu/wgu/liberal-arts/health-and-nutrition>.

| | Topic | Reading/Website/Learning Resources |
|------------------------|---|---|
| Week 1 | | |
| | Health & Environmental Education | <ul style="list-style-type: none"> • Health Education <ul style="list-style-type: none"> ○ <i>Teaching Today's Health</i> Chapter 1 • Environmental Health <ul style="list-style-type: none"> ○ <i>Teaching Today's Health</i> Chapter 25 |
| Weeks 2 & 3 | | |
| | Impact of Nutrition | <ul style="list-style-type: none"> • The Body <ul style="list-style-type: none"> ○ <i>Teaching Today's Health</i> Chapter 8 • Nutrition <ul style="list-style-type: none"> ○ <i>Teaching Today's Health</i> Chapter 17 |
| Weeks 4 & 5 | | |
| | Stress on the Body & First Aid | <ul style="list-style-type: none"> • Stress |

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| | | <ul style="list-style-type: none">○ <i>Teaching Today's Health</i> Chapters 6 & 7○ http://www.helpguide.org/mental/stress_signs.htm• Substance Abuse<ul style="list-style-type: none">○ <i>Teaching Today's Health</i> Chapter 13• Infectious Disease<ul style="list-style-type: none">○ <i>Teaching Today's Health</i> Chapter 15• First Aid<ul style="list-style-type: none">○ <i>Teaching Today's Health</i> Chapter 19 & Appendix A & B |
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