

Life Management Skills Semester Long Course

Text:

No Text Book is required for this course.

Course Objectives:

- Comprehend concepts related to health promotion and disease prevention.
- Demonstrate the ability to access valid health information and health-promoting products and services.
- Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
- Analyze the influence of culture, media, technology, and other factors on health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and quality of life.
- Demonstrate the ability to use goal-setting and decision-making skills to enhance health.
- Demonstrate the ability to advocate for personal, family, and community health.

Course Outline:

- **Module 1 Caution: Self-esteem Under Construction (Self-Esteem Unit)**

Fat, skinny, tall, short, handsome, ugly, inadequate, cool, nerd, and pizza face, these may be ways we describe our self-perception. We will follow the signposts to construct and enhance our self-esteem. This unit also addresses ways to deal with society's pressure to conform, especially when conformity may be hazardous.

- **Module 2 The Crosswalk (Nutrition Unit)**

This unit includes an overview of nutrition which addresses eating disorders, nutrient needs, dietary guidelines, food preferences, and alternatives to junk foods. Learning about nutrition will help establish and maintain a healthier lifestyle.

- **Module 3 A Two-Way Street (Communication Skills)**

After successfully completing this unit, you will know techniques for communicating effectively and for dealing with hostile, threatening, or dangerous situations. In addition, you will know methods for effectively expressing your feelings and opinions.

- **Module 4 Warning: Dangerous Chemicals (Substance Abuse Prevention)**

You will learn various strategies to employ when making decisions related to health issues. Peer pressure skills will be practiced to help equip you with personal skills needed to help you refuse alcohol, tobacco, and other harmful substances.

- **Module 5 Points of Interest (Personal Development)**

Coping skills are essential in a world that can be filled with constant stress and decision-making. Visit some points of interest in this unit to discover some decision-making techniques, goal-setting activities, time management strategies, and stress management skills. This module will aid you in facing the many 'curves' you receive in life by equipping you with coping skills.

- **Module 6 Turn Right (Consumer Education)**

Do you love to shop? Are you influenced by advertising? This section of LMS will help you make sound consumer decisions by evaluating consumer information, advertisements, services, and products. Consumer savvy is a must in an economy that encourages spending. Plastic cards, interest rates, checkbooks, advertising fraud, consumer rights and other consumer issues will be addressed to help you make the right turn when deciding how to spend your money.

- **Module 7 Mixed Messages (Human Sexuality)**

Peers, society, parents, school, media, and clergy may seem to be giving you many mixed messages about your body and sexuality. We are going to explore some facts and factors that affect adolescent sexuality and the consequences of making misinformed turns.

- **Module 8 The Safe Way is the Best Way (HIV/AIDS and STIs Education)**

'It can't happen to me.' This unit will provide you with facts about the dangers of believing that teens are invincible. This section can be a 'life saver' for you and your friends. We will explore the HIV immune response, medications, and other relevant information, as well as a study of other

sexually transmitted infections (STIs). This unit will also target injury prevention and safety habits.

- **Module 9 The Passing Zone (Course Completion & Resources)**

Your last sign post will guide you in the completion tasks for this course. This unit will include instructions for returning course materials, CPR certification submission completion and the final exam review. Pat yourself on the back; you have followed the signposts to course completion.