

Health Science

Instructor: Rachel Ameche

In this two-session course, students will embark on a journey to better understand their growing bodies and minds. We'll explore the *why* and *how* behind the choices that keep us strong, healthy, and resilient—covering everything from hygiene and fitness to mental health and substance use.

Session 1: We'll dig into the essentials: why sleep matters, how good food fuels our bodies, and the importance of personal hygiene. Expect fun discussions, real-life examples, and practical tips you can actually use.

Session 2: We'll explore how our brains and emotions work, what happens when we get sick, and how to recognize and resist peer pressure around substances like drugs and alcohol.

Materials Needed: A notebook or loose leaf paper for notes and assignments.

Expectations: Students should come to class prepared to discuss topics and participate fully with maturity and respect for one another. Some light homework may be assigned and due the following class.

Grading: 50% participation, 50% in class work

Schedule of Weekly lessons-

Session 1:

Week 1: Sleep science

Week 2: Sleep disorders and strategies

Week 3: Skin, acne and body odor

Week 4: Oral health

Week 5: Nutrition - macronutrients

Week 6: Nutrition - vitamins and minerals

Week 7: Nutrition difficulties - allergies, sensitivities, reading labels, and understanding media

Session 2:

Week 1: Fitness - cardiovascular system and muscle building

Week 2: Hormones: Dopamine, serotonin, endorphins, oxytocin

Week 3: Communicable diseases: viruses, infections and vaccines

Week 4: Non communicable diseases: cancer, heart attack, diabetes

Week 5: Medications and prescriptions: antibiotics, pain relief, cough and cold medicine

*sensitive material may include addiction, and drug abuse

Week 6: Alcohol and its risks

Week 7: Smoking: tobacco, marijuana and vaping

Week 8: Drugs: opioids, hallucinogens, stimulants