What is Health?

*Unit Learning Objectives*

At the end of this unit, you should know…

* the contents of the course syllabus and be familiar with day-to-day classroom procedures.
* why we can’t assess a person’s degree of health simply by their appearance.
* the five **types of health** and topics that would generally fall under each category.
* how *many* aspects of health are interconnected and hard to categorize into just one type of health; the degree of health in one type of health can influence the degree of health in the other types.
* the levels of **Maslow’s Hierarchy of Needs** and how the hierarchy works to explain human health/needs.
* the eight **health life skills**, why they are important and repercussions of not practicing such skills.
* the six steps of the **decision-making/problem-solving model (DECIDE)** and how to apply them to real-life decisions/problems.
* how to set **SMARTER goals**; what the components of a SMARTER goal are.
* terminology and characteristics associated with the 16 **personalities** identified.
* how personality comes into play with overall health.