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| LESSON PLAN (Draft) |
| LESSON PLAN REF: | Lesson Plan #6 | Week 9 | Lecture & Lab |
| Course: APP 110 | Pathway to Employment - Construction |
| Topic: | Module 6 (see course outline): Personal Health |
| Lecture/Lab Duration: | Lecture: Two hours per week | Lab: Four hours per week | Assignment: One hour+ |
| Objectives: | * Lecture:
* The World Health Organization defined health as a “state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” Explain what that means to you.
* Read *HEALTHY NORTH CAROLINA 2020: A Better State of Health* and write a one-page summary report on it. <https://publichealth.nc.gov/hnc2020/docs/HNC2020-FINAL-March-revised.pdf>
* Take a free online health assessment and describe three major items you learned about your health.
* Do you eat properly, exercise regularly, get enough sleep, and maintain a reasonable weight? Explain and provide examples of how you already do so or could do better.
* Explain ways you can protect yourself on the job and away from the job.

Lab: * Students will complete and hand in Job Assignment worksheet. Instructor will facilitate activities.
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| Materials/Handouts/Resources: | * Job Assignment Worksheet

*HEALTHY NORTH CAROLINA 2020: A Better State of Health.*  <https://publichealth.nc.gov/hnc2020/docs/HNC2020-FINAL-March-revised.pdf> |
| In Class Assignments: | * Activity Worksheet
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| Homework Assignments: | * TBD
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