

Health is a valuable, skills-based health education course designed for general education in grades 9 through 12. Health helps students develop knowledge, attitudes, and essential skills in a variety of health-related subjects, including mental and emotional health, social health, nutrition, physical fitness, substance use and abuse, disease prevention and treatment, and injury prevention and safety.

Through use of accessible information and project-based learning, students apply the skills they need to stay healthy. These skills include identifying and accessing valid health information, practicing self-management, identifying internal and external influences, communicating effectively, making healthy decisions, setting goals, and advocating. Students who complete Health build the skills they need to protect, enhance, and promote their own health and the health of others.

This course is built to state standards.

Length: One Semester

## UNIT 1: MENTAL AND EMOTIONAL HEALTH

### LESSON 1: INTRODUCTION TO HEALTH

#### **Study: What Is Health?**

Learn about the three components that make up your health.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: What Is Health?**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

#### **Study: Taking Control of Your Health**

Learn about how to take control of your health.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Taking Control of Your Health**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### LESSON 2: YOUR MENTAL AND EMOTIONAL HEALTH

#### **Study: Stress Management and Self-Esteem**

Learn about how to manage your stress.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Stress Management and Self-Esteem**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

#### **Study: Influences on Mental and Emotional Health**

Learn about how your environment influences your mental and emotional health.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Influences on Mental and Emotional Health**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

#### **Practice: Your Mental and Emotional Health**

Practice what you have learned about health.

### LESSON 3: SUICIDE AND VIOLENCE PREVENTION

#### Study: Suicide

Learn about the causes and ways to prevent suicide.

Duration: 0 hrs 45 mins Scoring: 0 points

#### Quiz: Suicide

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

#### Study: Violence and Gang Involvement

Learn about ways to prevent violence.

Duration: 0 hrs 45 mins Scoring: 0 points

#### Quiz: Violence and Gang Involvement

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

#### Checkup: Suicide and Violence Prevention

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

### LESSON 4: COMMUNICATION SKILLS

#### Journal: Assessing Your Mental and Emotional Health

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

#### Study: Communication Strategies

Learn about strategies to help you communicate and negotiate.

Duration: 0 hrs 45 mins Scoring: 0 points

#### Quiz: Communication Strategies

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

#### Project: Practicing Refusal, Collaboration, and Conflict-Resolution

Apply what you learned this unit to the real world in this project.

Duration: 3 hrs Scoring: 75 points

### LESSON 5: WRAP UP: MENTAL AND EMOTIONAL HEALTH

#### Review: Mental and Emotional Health

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 20 mins Scoring: 0 points

#### Test (CS): Mental and Emotional Health

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

#### Test (TS): Mental and Emotional Health

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

## UNIT 2: FITNESS AND NUTRITION

### LESSON 1: GUIDELINES FOR FITNESS AND NUTRITION

#### Study: Physical Fitness

Learn about physical fitness and how it affects your health.

Duration: 0 hrs 45 mins Scoring: 0 points

**Quiz: Physical Fitness**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

**Study: Good Nutrition**

Learn about how the food you eat affects your health.

Duration: 0 hrs 45 mins Scoring: 0 points

**Quiz: Good Nutrition**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

**Practice: Guidelines for Fitness and Nutrition**

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

**LESSON 2: THREATS TO FITNESS AND GOOD NUTRITION****Study: Evaluating Health Products, Practices, and Services**

Learn about health myths and learn to evaluate health products and services.

Duration: 0 hrs 45 mins Scoring: 0 points

**Quiz: Evaluating Health Products, Practices, and Services**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

**Study: Eating Disorders**

Learn about the causes and effects of eating disorders.

Duration: 0 hrs 45 mins Scoring: 0 points

**Quiz: Eating Disorders**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

**Checkup: Threats to Fitness and Good Nutrition**

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

**LESSON 3: PLANNING FOR FITNESS AND GOOD NUTRITION****Journal: Assess Your Fitness and Nutritional Status**

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

**Study: Setting Goals and Formulating a Plan**

Learn about developing a plan and setting goals to better your health.

Duration: 0 hrs 45 mins Scoring: 0 points

**Quiz: Setting Goals and Formulating a Plan**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

**Project: Your Plan for Fitness and Good Nutrition**

Apply what you learned this unit to the real world in this project.

Duration: 3 hrs Scoring: 75 points

**LESSON 4: WRAP UP: FITNESS AND NUTRITION****Review: Fitness and Nutrition**

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 20 mins Scoring: 0 points

**Test (CS): Fitness and Nutrition**

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

**Test (TS): Fitness and Nutrition**

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

**UNIT 3: DRUGS****LESSON 1: DRUG USE AND ABUSE****Study: Alcohol, Tobacco, and Other Drugs**

Learn about the effects of alcohol, tobacco and other drugs.

Duration: 0 hrs 45 mins Scoring: 0 points

**Quiz: Alcohol, Tobacco, and Other Drugs**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

**Study: Influences on Drug Usage**

Learn about how drug usage affects your life.

Duration: 0 hrs 45 mins Scoring: 0 points

**Quiz: Influences on Drug Usage**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

**Practice: Drug Use and Abuse**

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

**LESSON 2: LIVING DRUG FREE****Study: Communicating About Drugs**

Learn how to talk about and avoid risky behaviors surrounding drugs.

Duration: 0 hrs 45 mins Scoring: 0 points

**Quiz: Communicating About Drugs**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

**Study: Resources for Protection Against Drug Abuse**

Learn about ways to protect yourself and help others with drug abuse.

Duration: 0 hrs 45 mins Scoring: 0 points

**Quiz: Resources for Protection Against Drug Abuse**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

**Checkup: Living Drug Free**

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

**LESSON 3: ADVOCATING FOR A DRUG-FREE LIFESTYLE****Journal: ATOD Action Plan**

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

**Study: Advocating Against ATOD Use**

Learn how to advocate against alcohol, drugs, and tobacco.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Advocating Against ATOD Use**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Project: ATOD Educational Campaign**

Apply what you learned this unit to the real world in this project.

Duration: 3 hrs Scoring: 75 points

## **LESSON 4: WRAP UP: DRUGS**

### **Review: Drugs**

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 20 mins Scoring: 0 points

### **Test (CS): Drugs**

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

### **Test (TS): Drugs**

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

## **UNIT 4: DISEASE**

### **LESSON 1: TYPES OF DISEASES**

#### **Study: Communicable Diseases**

Learn about communicable disease and how to prevent them.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Communicable Diseases**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

#### **Study: Noncommunicable and Chronic Diseases**

Learn about noncommunicable and chronic diseases and the risk factors that are involved.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Noncommunicable and Chronic Diseases**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

#### **Practice: Personal Health Plan**

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

### **LESSON 2: PREVENTING DISEASE**

#### **Study: Public Health Policies**

Learn about public health policies and how it affects your health.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Public Health Policies**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

#### **Study: Good Hygiene**

Learn about hygiene and how to make good health decisions.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Good Hygiene**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

### **Checkpoint: Practicing Good Hygiene**

Checkpoint and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

## **LESSON 3: SUSCEPTIBILITY, DETECTION, AND TREATMENT OF DISEASE**

### **Journal: Your Susceptibility to Disease**

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

### **Study: Impact of Technology on Health**

Learn about how technology can affect your health.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Impact of Technology on Health**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Project: Improving Your Community's Health**

Apply what you learned this unit to the real world in this project.

Duration: 3 hrs Scoring: 75 points

## **LESSON 4: WRAP UP: DISEASE**

### **Review: Disease**

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 20 mins Scoring: 0 points

### **Test (CS): Disease**

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

### **Test (TS): Disease**

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

## **UNIT 5: INJURIES**

### **LESSON 1: SAFETY AND INJURY PREVENTION**

#### **Study: Personal Safety**

Learn about personal safety and ways to avoid injuries and risky situations.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Personal Safety**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

#### **Study: Make Decisions to Avoid Injuries**

Learn about how your decisions can help avoid injuries.

Duration: 0 hrs 45 mins Scoring: 0 points

#### **Quiz: Make Decisions to Avoid Injuries**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

#### **Practice: Safety and Injury Prevention**

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

## LESSON 2: SAFETY LAWS AND FIRST AID

### Study: Public Policy and Your Safety

Learn about public policy and how it relates to your safety.

Duration: 0 hrs 45 mins Scoring: 0 points

### Quiz: Public Policy and Your Safety

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

### Study: First Aid

Learn about first aid and effective ways to practice it safely.

Duration: 0 hrs 45 mins Scoring: 0 points

### Quiz: First Aid

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

### Checkup: Practicing First Aid

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

## LESSON 3: WEATHER AND NATURAL DISASTER SAFETY

### Journal: Personal Susceptibility to Injury

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

### Study: Weather and Natural Disaster Safety

Learn about how to stay safe in different weather conditions and natural disasters.

Duration: 0 hrs 45 mins Scoring: 0 points

### Quiz: Weather and Natural Disaster Safety

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### Project: Disaster Preparedness

Apply what you learned this unit to the real world in this project.

Duration: 3 hrs Scoring: 75 points

## LESSON 4: WRAP UP: INJURIES

### Review: Injuries

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 20 mins Scoring: 0 points

### Test (CS): Injuries

Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

### Test (TS): Injuries

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

## UNIT 6: SEXUAL HEALTH

### LESSON 1: REPRODUCTIVE HEALTH AND RELATIONSHIPS

#### Study: Reproductive Systems

Learn about the male and female reproductive systems.

Duration: 0 hrs 45 mins Scoring: 0 points

#### Quiz: Reproductive Systems

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Study: Safe and Healthy Relationships**

Learn about what makes a safe and healthy relationship.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Safe and Healthy Relationships**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Practice: Reproductive Health and Relationships**

Practice what you have learned about health.

Duration: 1 hr Scoring: 40 points

## **LESSON 2: ABSTINENCE AND ONLINE SAFETY**

### **Study: Practicing Abstinence**

Learn about practicing and the benefits of abstinence.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Practicing Abstinence**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

### **Study: Online Safety**

Learn about how to navigate the internet safely.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Online Safety**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 10 mins Scoring: 15 points

### **Checkup: Abstinence and Online Safety**

Checkup and apply what you have learned.

Duration: 0 hrs 45 mins Scoring: 0 points

## **LESSON 3: RECOGNIZING HARMFUL RELATIONSHIPS**

### **Journal: Personal Values and Beliefs**

Write a reflective response to a journal prompt.

Duration: 0 hrs 30 mins Scoring: 10 points

### **Study: Abusive Relationships and Sexual Assault**

Learn about abusive relationships.

Duration: 0 hrs 45 mins Scoring: 0 points

### **Quiz: Abusive Relationships and Sexual Assault**

Take a quiz to assess your understanding of the material.

Duration: 0 hrs 20 mins Scoring: 30 points

### **Project: Preventing and Addressing Abuse**

Apply what you learned this unit to the real world in this project.

Duration: 3 hrs Scoring: 75 points

## **LESSON 4: WRAP UP: SEXUAL HEALTH**

### **Review: Sexual Health**

Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hrs 20 mins Scoring: 0 points

### **Test (CS): Sexual Health**



Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

### **Test (TS): Sexual Health**

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hrs 40 mins Scoring: 60 points

## **UNIT 7: SEMESTER REVIEW AND EXAM**

### **LESSON 1: SEMESTER WRAP UP**

#### **Review: Semester Wrap Up**

Prepare for the unit test by reviewing key concepts and skills.

Duration: 1 hr Scoring: 0 points

#### **Exam: Semester Wrap Up**

Take a computer-scored exam to demonstrate your mastery of concepts and skills covered in this semester.

Duration: 0 hrs 45 mins Scoring: 60 points

#### **Final Exam: Semester Wrap Up**

Take a teacher-scored exam to demonstrate your mastery of concepts and skills covered in this semester.

Duration: 0 hrs 45 mins Scoring: 60 points