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
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: 1hr 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.
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

**Checkup: Practicing Good Hygiene**
Checkup 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: SAFE SEXUALITY AND PREGNANCY

Study: STDs/STIs and Contraceptive Methods
Learn about different sexually transmitted diseases and ways to prevent them.
Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: STDs/STIs and Contraceptive Methods
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

**Study: Pregnancy and Parenting**
Learn about pregnancy and parenting.
Duration: 0 hrs 45 mins Scoring: 0 points

**Quiz: Pregnancy and Parenting**
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 30 points

**Practice: Safe Sexuality and Pregnancy**
Practice what you have learned about health.
Duration: 1 hr Scoring: 40 points

**LESSON 5: 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