

## 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.

Duration: 1 hr Scoring: 40 points

### 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 (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

### **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

## **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

### Checkpoint: Threats to Fitness and Good Nutrition

Checkpoint 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 (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

### 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

## 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 (TS): Drugs**

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

Duration: 0 hrs 40 mins Scoring: 60 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

## **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 (TS): Disease**

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

Duration: 0 hrs 40 mins Scoring: 60 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

## **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 (TS): Injuries**

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

Duration: 0 hrs 40 mins Scoring: 60 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

**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.

## 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 Rape

Learn about abusive relationships.

Duration: 0 hrs 45 mins Scoring: 0 points

### Quiz: Abusive Relationships and Rape

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: STIs/STDs 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.



## 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 (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

### 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

## UNIT 7: HEALTH REVIEW AND EXAM

### LESSON 1: HEALTH WRAP UP

#### Review: Health Wrap Up

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

Duration: 1 hr Scoring: 0 points

#### Exam: Health 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: Health 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