

Course Syllabus

Units & Tasks

This course is divided into the following units:

- **Unit 1: Health Choices**
- **Unit 2: Mental Health**
- **Unit 3: Social Health**
- **Unit 4: Physical Health**
- **Unit 5: Reproductive Health**
- **Unit 6: Drugs & Safety**

Within each unit you will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that unit
2. **Lessons**—multimedia online lessons about the unit topic
3. **Field Trip**—links to other online sites with additional fitness information
4. **Discussion***—class discussion on an assigned topic
5. **Assignment***—unit assignment
6. **Study Hall**—study guides and vocabulary tools to reinforce terms and concepts
7. **Unit Exam***—exam covering information from the lessons

The items marked with an * are those that must be submitted for a grade. There is a comprehensive final exam at the end of the course.

Assignments and Grading

Each unit of this course is designed to be completed in about one week's time. Please see the detailed schedule for more information on points possible and due dates.

Materials

There are no required materials for this course.

Technical Requirements

The multimedia lessons should be viewable on multiple devices and browsers with no additional players. Below the multimedia lessons you will find PDF versions of the lessons. A PDF reader is required to view this. Most devices come equipped with a PDF reader. If not, you can download a free one here: <http://get.adobe.com/reader/>.