

## Course Description:

This course provides an overview of how behavior affects health. The broad range of topics include nutrition and physical activity; growth, development, and sexual health; injury and safety prevention; alcohol, tobacco, and other drugs; mental, emotional, and social health; and personal and community health. Students will explore how the choices they make about their bodies affect both their present and future. They will also be given the tools to make informed decisions to better their health.

## Course Objectives:

- Analyze the connection between relationships and health by exploring the characteristics of positive and negative relationships.
- Evaluate the importance of strategies for managing stress, loss, and grief by describing the impact of stress, loss, and grief on health and well-being.
- Identify the impact of anxiety, depression, and eating disorders on well-being by describing the characteristics of these mental health problems and identifying treatment options.
- Analyze environmental health risks by describing the threats posed by disease, pollution, and climate change.
- Explain human reproduction by describing human sexual anatomy, pregnancy, and childbirth.
- Evaluate risks associated with sexually transmitted infections (STIs) by highlighting the characteristics of common STDs.
- Analyze the effects of alcohol, drugs, and tobacco on the body and the mind by examining the characteristics of these substances and explaining why people become addicted.
- Identify risks for physical injuries by describing the threats posed by motor vehicle accidents, natural disasters, and violence.
- Identify strategies for managing health emergencies by describing first aid and emergency rescue procedures.
- Analyze the effects of diet and exercise on health by describing dietary and physical activity guidelines and explaining the risks of poor diet and exercise.

## Required Materials:

- Internet browser

## Course Overview:

### Text and Videos

Students are introduced to the main concepts of each lesson through text activities that consist of readings. The readings are supplemented with visual learning aids like infographics, tables, and diagrams. Some activities feature embedded videos. These videos provide direct instruction and a deeper understanding of lesson concepts.

### Key Terms

Content pieces feature highlighted, clickable key terms. Clicking a key term will reveal its definition.

## **Assessments**

### ***Workbooks***

Each text activity is followed immediately by computer-graded Workbook questions related to the concepts that were just taught.

Recommended Gradebook percentage: 10%

### ***Checkpoints***

These computer-graded activities contain 10 questions to assess students' mastery of lesson objectives.

Recommended Gradebook percentage: 15%

### ***Unit Exams***

These computer-graded activities occur at the end of Units 1–5. (Unit 6 has the Final Exam; see below.) Unit exams include 20 questions that assess mastery of unit objectives.

Recommended Gradebook percentage: 20%

### ***Final Exam***

This computer-graded activity appears in Lesson 30. It has 38 questions designed to assess mastery of course objectives.

Recommended Gradebook percentage: 15%

## **Discussion Boards**

These teacher-graded activities, which appear in all 30 lessons, provide students with the opportunity to discuss concepts related to each lesson. Students are challenged to respond thoughtfully and encouraged to observe other classmates' posts and reply to them if they disagree or have additional information to share. Students should be reminded to be both polite and understanding of perspectives they do not share.

Seat time per Discussion Board: 20 mins

Recommended Gradebook percentage: 15%

## **Projects**

There are two cross-unit projects. The first project is introduced to students in Lesson 1 and submitted in Lesson 15. The student will have project check-ins throughout the first three units in Lessons 3, 5, 7, 9, 11, and 13. The second project is introduced to students in Lesson 17 and submitted in Lesson 26. The student will have project check-ins in Lessons 19, 21, 23, and 25.

Recommended Gradebook percentage: 25%

## Schedule of Work

### **Unit 1: Mental, Emotional, and Social Health**

- Video: Stress Management and Assistance (Lesson 2)
- Infographic: Professional Help for Mental Health (Lesson 5)
- Text Activities

Lesson 1: Positive Relationships

Lesson 2: Stress and Stress Management

Lesson 3: Grief and Loss

Lesson 4: Personal Body Image

Lesson 5: Mental Health Professional Services

- Workbook Questions (Lessons 1–5, two to three questions each)
- Discussion Board (Lessons 1–5)
- Checkpoint (Lessons 1–4, 10 questions each)
- Unit 1 Exam (Lesson 5, 20 questions)
- Project: Healthy Relationships and Lifestyles Project Check-in: Part 1 (Lessons 1, 3, 5)

### **Unit 2: Personal and Community Health**

- Video: Promote Community Health and Wellness (Lesson 8)
- Infographic: none
- Text Activities

Lesson 6: Personal Health and Care

Lesson 7: Environmental Health Risks

Lesson 8: Global and Community Health

Lesson 9: Common Diseases and Prevention

Lesson 10: Self-Care and Personal Hygiene

- Workbook Questions (Lessons 6–10, two to three questions each)
- Discussion Board (Lessons 6–10)
- Checkpoint (Lessons 6–9, 10 questions each)
- Unit 2 Exam (Lesson 10, 20 questions)
- Project: Healthy Relationships and Lifestyles Project Check-in: Part 2 (Lessons 7 and 9)

**Unit 3: Growth, Development, and Sexual Health**

- Video: Dating and Healthy Relationships (Lesson 15)
- Infographics: Female/Male Reproductive Anatomy (Lesson 11), HIV vs. AIDS (Lesson 13)

- Text Activities

Lesson 11: Reproductive Anatomy

Lesson 12: Pregnancy and Development

Lesson 13: Sexually Transmitted Infections

Lesson 14: HIV and AIDS

Lesson 15: Sexual Health

- Workbook Questions (Lessons 11–15, two to three questions each)
- Discussion Board (Lessons 11–15)
- Checkpoint (Lessons 11–14, 10 questions each)
- Unit 3 Exam (Lesson 15, 20 questions)
- Project: Healthy Relationships and Lifestyles Project Check-in: Part 3 (Lessons 11, 13, and 15)

**Unit 4: Alcohol, Tobacco, and Other Drugs**

- Video: none

- Infographic: none

- Text Activities

Lesson 16: Alcohol

Lesson 17: Tobacco

Lesson 18: Drugs

Lesson 19: Consequences of Alcohol, Tobacco, and Drugs

Lesson 20: Drug Prevention

- Workbook Questions (Lessons 16–20, two to three questions each)
- Discussion Board (Lessons 16–20)
- Checkpoint (Lessons 16–19, 10 questions each)
- Unit 4 Exam (Lesson 20, 20 questions)
- Project: PSA Project Overview and Brainstorming (Lessons 17, 18, and 19)

**Unit 5: Injury Prevention and Safety**

- Video: Gangs and Violence (Lesson 25)
- Infographics: Natural Disasters and Emergency Situations (Lesson 22), Oral Injuries and Mouth Protection (Lesson 23)

- Text Activities

Lesson 21: First Aid, CPR, and AEDs

Lesson 22: Emergency Response

Lesson 23: Injuries and Prevention

Lesson 24: Safety Laws

Lesson 25: Violence

- Workbook Questions (Lessons 21–25, two to three questions each)

- Discussion Board (Lessons 21–25)

- Checkpoint (Lessons 21–24, 10 questions each)

- Unit 5 Exam (Lesson 25, 20 questions)

- Project: PSA Project Part 1, 2, and 3 (Lessons 21, 23, and 25)

### **Unit 6: Nutrition and Physical Activity**

- Video: Types of Physical Activity (Lesson 29)

- Text Activities

Lesson 26: Basic Nutrition

Lesson 27: Food Portions and Meals

Lesson 28: Diet and Effective Eating Habits

Lesson 29: Physical Activity and Safety

Lesson 30: Course Overview

- Workbook Questions (Lessons 26–29, two to three questions each)

- Discussion Board (Lessons 26–30)

- Checkpoint (Lessons 26–28, 10 questions each)

- Unit Reviews (Lesson 30)

- Final Exam (Lesson 30)