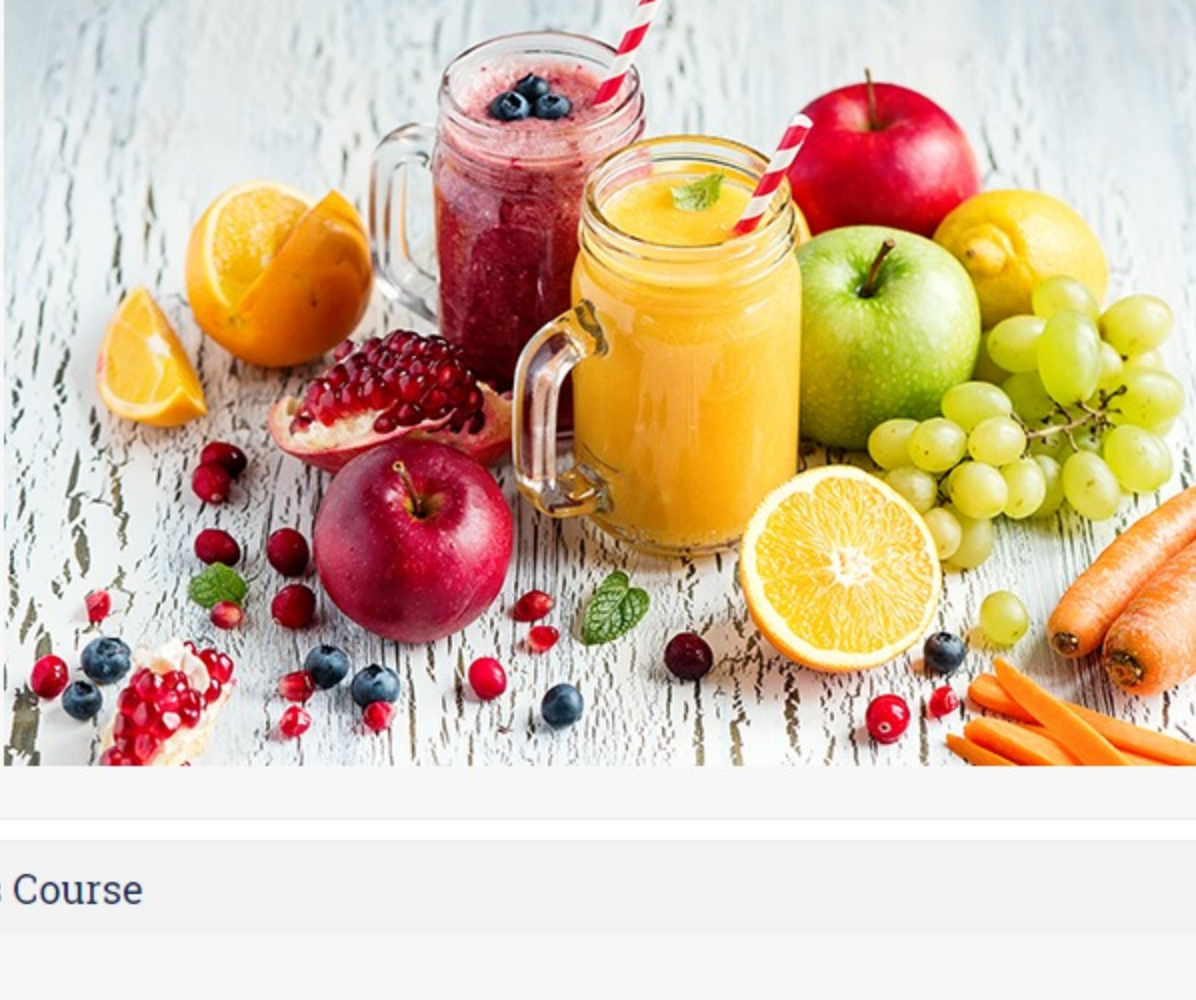


# Health, Part 1



## How to Take This Course

Complete all the quizzes and the assignment in each unit. Once the quizzes for a unit are complete, you will have access to the unit test. We recommend you complete the unit assignment before you attempt the unit test, the assignment will help you prepare. You will have access to the final when all unit tests are complete and your assignments are graded.

Allow 2-3 days for an assignment to be graded. Read the full course instructions to understand the course grading.

Instructions for the course

How This Course Works & Suggested Timeline

Submitting Your Assignments

Ask The Teacher

Meet your teacher for this course and ask a question.

## Unit 1: Personal and Community Health

In this unit we will learn:

- The value of actively managing personal health behaviors.
- The signs and symptoms for seeking health care for some common illnesses as well as the importance of regular medical and dental checkups, vaccines, and examinations.
- Differences between communicable and non-communicable diseases.
- To analyze risk factors that affect our personal and community health, including behaviors, genetics, and the environment.
- To assess ways to be a responsible consumer of health information.

1.1 Understanding Health and Wellness

Quiz 1.1 Understanding Health and Wellness

1.2 At The Doctors

Quiz 1.2 At the Doctors

1.3 - Infectious Diseases

Quiz 1.3 Infectious Diseases

1.4 Non-infectious Diseases: Cancer, Allergies, Asthma, and Diabetes

Quiz 1.4 Cancer: Types, Causes and Treatment; Allergies, Asthma, Diabetes

1.5 Risk Factors: Behavior

Quiz 1.5 Risk Factors: Behavior

1.6 Risk Factors: Genetics

Quiz 1.6 Risk Factors: Genetics

1.7 Risk Factors: The Environment

Quiz 1.7 Environmental Health & Issues

Unit 1 Assignment -- Family Health History

## Unit 2: Nutrition and Physical Activity

In this unit, we will learn:

- The value and importance of nutrition and physical activity, as well as nutrients and healthy food guidelines.
- To read nutrition labels and to practice food safety, as well as maintaining a healthy weight, and to deal with body image and eating disorders.
- The benefits of physical activity on improving fitness, with a focus on fitness safety and injury avoidance.

2.1 The Importance of Nutrition

Quiz 2.1 The Importance of Nutrition

2.2 Nutrients and Healthy Food Guidelines

Quiz 2.2 Nutrients and Healthy Food Guidelines

2.3 Nutrition Labels and Food Safety

Quiz 2.3 Nutrition Labels and Food Safety

2.4 Maintaining A Healthy Weight

Quiz 2.4 Maintaining A Healthy Weight

2.5 Body Image and Eating Disorders

Quiz 2.5 Body Image and Eating Disorders

2.6 Benefits of Physical Activity and Improving Your Fitness

Quiz 2.6 Benefits of Physical Activity and Improving Your Fitness

2.7 Fitness Safety and Avoiding Injuries

Quiz 2.7 Fitness Safety and Avoiding Injuries

Unit 2 Assignment: Nutrition and Exercise

## Unit 3: Mental, Emotional and Social Health

In this unit, we will learn:

- What determines and defines mental and emotional health.
- How to develop self-esteem and self-confidence, as well as personal identity and character.
- To understand and manage stress and emotions, as well as how to cope with loss and grief.
- Tools to deal with anxiety and depression, mental disorders, and basic practices for preventing suicide, as well as where to get help if needed.

3.1 Developing Your Self-Esteem and Self-Confidence

Quiz 3.1 Developing Your Self-Esteem and Self-Confidence

3.2 Developing Personal Identity and Character

Quiz 3.2 Developing Personal Identity and Character

3.3 Understanding Emotions

Quiz 3.3 Understanding Emotions

3.4 Understanding and Managing Stress

Quiz 3.4 Understanding and Managing Stress

3.5 Coping with Loss and Grief

Quiz 3.5 Coping with Loss and Grief

3.6 Dealing with Anxiety and Depression

Quiz 3.6 Dealing with Anxiety and Depression

3.7 Mental Disorders

Quiz 3.7 Mental Disorders

3.8 Suicide Prevention and Getting Help

Quiz 3.8 Suicide Prevention and Getting Help

Unit 3 Assignment: Mental, Emotional, and Social Health

## Unit 4: Drugs and Substance Abuse

In this unit we will learn:

- The dangers associated with drugs and substance abuse, and the importance of using medicines correctly and safely.
- The specific risks with tobacco and the importance of living tobacco free.
- To identify drug abuse, including that of marijuana and other illicit drugs, including steroids, and inhalants.

4.1 The Role of Medicine and Using Medicine Safely

Quiz 4.1 The Role of Medicine and Using Medicine Safely

4.2 Tobacco: The Risks of Smoking and the Benefits of Living Tobacco-Free

Quiz 4.2 Tobacco: The Risks of Smoking and the Benefits of Living Tobacco-Free

4.3 Alcohol and Alcohol Abuse

Quiz 4.3 Alcohol and Alcohol Abuse

4.4 Drugs and Drug Abuse

Quiz 4.4 Drugs and Drug Abuse

4.5 Marijuana and Other Illicit Drugs

Quiz 4.5 Marijuana and Other Illicit Drugs

4.6 Steroids and Steroid Abuse

Quiz 4.6 Steroids and Steroid Abuse

4.7 Inhalants and Huffing

Quiz 4.7 Inhalants and Huffing

4.8 Living Drug-Free

Quiz 4.8 Living Drug-Free

Unit 4 Assignment: Drug Awareness

## Unit 5: Injury Prevention and Safety

In this unit we will learn:

- About safety and environmental health, including personal safety and protection at home, at school, and outdoors.
- The basics of safety on the road, as a pedestrian, a biker, or a driver.
- First aid basics and procedures, including CPR and how to treat a choking victim.
- Emergency and disaster preparedness, community and public health issues, as well as problems associated with environmental health.

5.1 Personal Safety and Protection

Quiz 5.1 Personal Safety and Protection

5.2 Safety at Home, School and Outdoors

Quiz 5.2 Safety at Home, School and Outdoors

5.3 Safety on the Road: Pedestrians, Bikes and Automobiles

Quiz 5.3 Safety on the Road: Pedestrians, Bikes and Automobiles

5.4 First Aid Basics

Quiz 5.4 First Aid Basics

5.5 First Aid Procedures: CPR and Choking

Quiz 5.5 First Aid Procedures: CPR and Choking

5.6 Emergency and Disaster Preparedness

Quiz 5.6 Emergency and Disaster Preparedness

5.7 Community and Public Health

Quiz 5.7 Community and Public Health

Unit 5 Assignment: Disaster Preparedness

## Unit 6: Growth, Development and Sexual Health

In this unit we will learn:

- To describe physical, social, and emotional changes associated with being a young adult.
- To explain how conception occurs, the stages of pregnancy and fetal development, childbirth, and the responsibilities of parenting.
- To identify why abstinence is the most effective method for the prevention of HIV, other STD's, and pregnancy.
- The symptoms of various STD's and how to treat and prevent them.
- To evaluate the safety and effectiveness of FDA-approved condoms and other contraceptives in preventing HIV, other STD's, and pregnancy.
- That there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation.

6.1 Developmental Changes in Teens

Quiz 6.1 Developmental Changes in Teens

6.2. Puberty and Beyond

Quiz 6.2. Puberty and Beyond

6.3 Gender Roles and Sexual Orientation

Quiz 6.3 Gender Roles and Sexual Orientation

6.4 Understanding Communicable Diseases and the Human Immune System

Quiz 6.4 Understanding Communicable Diseases and the Human Immune System

6.5 Sexually Transmitted Diseases (STDs)

Quiz 6.5 Sexually Transmitted Diseases (STDs)

6.6 Preventing and Treating STDs

Quiz 6.6 Preventing and Treating STDs

6.7 HIV/AIDS

Quiz 6.7 HIV/AIDS

6.8 Preventing and Treating HIV/AIDS

Quiz 6.8 Preventing and Treating HIV/AIDS

Unit 6 Assignment: Decision Making

## Final Exam

Complete all the assignments and unit tests in this course. Once they are complete and the assignments have been graded, the Final will be made available and appear below the Practice Final.

**Warning:** You have only ONE attempt at the Final. There is a 3 hour limit.

Are you ready to take the Final? We highly recommend you take the Practice Final first and if you are weak in any area, review the relevant course material again. You have unlimited attempts at the practice final; it will help you to prepare.

Good Luck!!

Practice Final Exam

## Course Completion

The "Certificate" and "Course Completion Record Request" links below are not active, they cannot be accessed until you have taken the final. Upon satisfying this requirement the links will become active and you can use them.

Before you go, we would appreciate your opinion on the course, please take 1 minute to complete the feedback form.

We hope you enjoyed this course!

Course Feedback

Thank you for taking this course! Let us know what you think about it.

Request a Course Completion Record

If you need SVHS to send proof of your course completion directly to your school complete this form.

**Restricted** Not available unless: The activity **Final Exam** is marked complete

Certificate of Completion

**Restricted** Not available unless: The activity **Final Exam** is marked complete