

Skills for Health is a valuable, skills-based health education course designed for general education in grades 9 through 12. Skills for Health helps students develop knowledge, attitudes, and essential skills in a variety of health-related subjects, including mental and emotional health; nutrition; physical activity; substance use and abuse; injury prevention and safety; and personal health, environmental conservation, and community health resources.

Through use of accessible information and real-life simulations, students apply the seven health skills. These include access to valid health information; self-management; analysis of internal and external influences; interpersonal communication; decision-making; goal setting; and advocacy. Students who complete Skills for Health build the skills they need to protect, enhance, and promote their own health and the health of others.

The content is based on the National Science Teachers Association (NSTA) standards and is aligned to state standards.

Length: One semester

UNIT 1: BUILDING SKILLS FOR HEALTH

LESSON 1: WHAT IS HEALTH?

Discuss: Meeting Your Classmates

Introduce yourself to your classmates and read the introductions that they post. Discuss your own health, questions you have about health, and healthy people in popular culture.

Duration: 0 hr 20 min Scoring: 10 points

Study: What Is Health?

Learn about key health topics, including physical, mental, emotional, and social health, protective factors, health risks, and the top health concerns and indicators in the United States.

Duration: 0 hr 30 min

Journal: Public vs. Private

Share what health means to you and rank your own physical, mental, emotional, and social health.

Duration: 0 hr 15 min

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 2: BUILDING SKILLS FOR HEALTH

Study: Health Skill #1: Accessing Information

Learn about sources of reliable health information, such as government, school and library resources, health professionals, the Internet, and parents. Learn what questions to ask when evaluating health information.

Duration: 0 hr 30 min

Study: Health Skill #2: Analyzing Influences

Learn to analyze factors that affect your health by identifying people and things that influence you, how such influences might affect your health, and how to choose positive influences and avoid negative ones.

Duration: 0 hr 30 min

Study: Health Skill #3: Making Healthy Decisions

Learn the six decision-making steps, and consider an example of someone using the decision-making model.

Duration: 0 hr 30 min

Study: Health Skill #4: Goal Setting

Learn the benefits of setting goals, the difference and connection between long- and short-term goals, and how to set goals.

Duration: 0 hr 15 min

Study: Health Skill #5: Interpersonal Communication

Learn the components of interpersonal communication, including verbal and nonverbal forms, as well as listening, refusal, and conflict-resolution skills.

Duration: 0 hr 15 min

Study: Health Skill #6: Self-Management

Learn behavior practices that can protect your health.

Duration: 0 hr 15 min

Study: Health Skill #7: Advocacy

Learn what advocacy is and how to become a health advocate.

Duration: 0 hr 15 min

Journal: The Seven Skills

Reflect on the seven health skills you have just learned.

Duration: 0 hr 15 min

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 3: BUILDING SKILLS FOR HEALTH WRAP-UP

Review: Building Skills for Health

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

Duration: 1 hr

Test (CS): Building Skills for Health

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

Duration: 0 hr 20 min Scoring: 20 points

Test (TS): Building Skills for Health

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

Duration: 0 hr 45 min Scoring: 30 points

LESSON 4: DIAGNOSTIC

Diagnostic: Building Skills for Health

Take a diagnostic unit test that will generate a study plan based on your responses.

Duration: 0 hr 30 min Scoring: 20 points

UNIT 2: THOUGHTS AND FEELINGS

LESSON 1: MIRROR, MIRROR, ON THE WALL

Study: Self Smart

Define the concept of sense of self and related key terms such as attitudes, self-esteem, self-respect, and empowerment.

Duration: 0 hr 30 min

Journal: Sense of Self

Describe your sense of self and internal and external factors that influence it.

Duration: 0 hr 15 min

Study: Enhancing Your Sense of Self

Learn strategies to enhance your sense of self.

Duration: 0 hr 30 min

Discuss: I Am, I Am

Discuss your self-perception, your goals for self-improvement, and how having a positive attitude has helped you achieve a goal.

Duration: 0 hr 20 min Scoring: 25 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 2: EFFECTIVE COMMUNICATION

Study: Communication Is More Than Talking

Learn about interpersonal communication, including listening and speaking skills, "I" messages, feedback, refusal skills, paralanguage, and nonverbal communication.

Duration: 0 hr 30 min Scoring: 20 points

Practice: Analyzing Communication

Complete an assignment related to the various communication skills you have just learned.

Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 3: MANAGING STRESS

Study: What Is Stress?

Identify examples of positive and negative stress that adolescents are likely to experience and how to cope with it; learn about the relationship between stress management and the mind-body connection.

Duration: 0 hr 30 min

Discuss: Coping with Stress

Discuss positive and negative stressors in your life and healthy ways you have dealt with stress in the past.

Duration: 0 hr 20 min Scoring: 10 points

Practice: Plan to Manage Stress Healthfully

Practice self-management health skills by developing a personal stress-management plan.

Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 4: SUPPORT FOR MENTAL AND EMOTIONAL PROBLEMS

Study: Emotional Problems: The Big Three

Define and learn the signs and symptoms of common mental health problems.

Duration: 0 hr 30 min

Journal: What Questions Do You Have?

Write down your thoughts about teen depression, suicidal thinking, and eating disorders. Write down any unanswered questions you might still have.

Duration: n/a hr n/a min

Study: Getting Help

Learn about resources for dealing with emotional and mental health problems. Learn about when, why, and how to get help for yourself or a friend.

Duration: 0 hr 30 min

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 5: THOUGHTS AND FEELINGS WRAP-UP

Review: Thoughts and Feelings

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

Duration: 1 hr

Test (CS): Thoughts and Feelings

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

Duration: 0 hr 20 min Scoring: 40 points

Test (TS): Thoughts and Feelings

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

Duration: 0 hr 45 min Scoring: 30 points

LESSON 6: DIAGNOSTIC

Diagnostic: Thoughts and Feelings

Take a diagnostic unit test that will generate a study plan based on your responses.

Duration: 0 hr 30 min Scoring: 20 points

UNIT 3: NUTRITION

LESSON 1: WHY EAT HEALTHFULLY?

Study: What a Body Needs

Learn about the nutrients the body needs, such as protein, carbohydrates, fats, vitamins, minerals, and water. Discover good sources of each nutrient.

Duration: 0 hr 30 min

Study: The Benefits of Healthy Eating

Learn about non-disease-related benefits of eating healthfully, as well as ways to prevent or reduce the risk of diseases such as cancer, cardiovascular disease, osteoporosis, diabetes, and obesity.

Duration: 0 hr 30 min

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 2: THINK BEFORE YOU SWALLOW

Study: Ready, Willing, and Label

Learn to interpret food labels and understand key food-label terms. Learn why trans fat is included on labels and why it is a health issue. Learn the meaning of food-label claims. Learn about FDA-approved health claims.

Duration: 0 hr 30 min

Study: Understanding Our Food Choices

Consider your personal food likes and dislikes. Learn about factors that influence the foods you eat. Learn about healthful snacks and how to plan for healthful meals, both at home and when dining out.

Duration: 0 hr 30 min

Practice: Your Meal Plan

Using Health Skill No. 4, setting goals, plan for one day's worth of healthful meals and snacks. Explain what is healthful about each meal or snack.

Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 3: MANAGING YOUR WEIGHT

Study: Determining Your Healthy Weight

Learn key terms and concepts associated with weight and body composition. Learn about essential body fat, healthy weight in adolescents, and the obesity epidemic. Visit the Web site of the Center for Disease Control and Prevention and calculate your BMI.

Duration: 0 hr 30 min

Study: Healthy Food, Healthy Choices

Learn how many calories you should eat and how the body expends calories. Learn how to maintain a healthy weight. Identify risky weight-loss strategies. Learn about healthy strategies for losing or gaining weight.

Duration: 0 hr 30 min

Journal: Managing Your Weight

Keep track of one day's calorie intake and expenditure and reflect on your experience.

Duration: 0 hr 15 min

Discuss: Environmental Changes

Discuss how your environment encourages or discourages obesity. Discuss ways in which you might change your environment in order to reduce the risk of becoming overweight or obese.

Duration: 0 hr 30 min Scoring: 25 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 4: FOOD SAFETY

Study: Food Sickness and Safety

Learn about the most common food-borne illnesses and how to prevent them by using the four simple steps to food safety: clean, separate, cook, and chill.

Duration: 0 hr 30 min

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 5: NUTRITION WRAP-UP

Review: Nutrition

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

Duration: 1 hr

Test (CS): Nutrition

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

Duration: 0 hr 30 min Scoring: 40 points

Test (TS): Nutrition

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

Duration: 0 hr 45 min Scoring: 30 points

LESSON 6: DIAGNOSTIC

Diagnostic: Nutrition

Take a diagnostic unit test that will generate a study plan based on your responses.

Duration: 0 hr 30 min Scoring: 20 points

UNIT 4: PHYSICAL ACTIVITY

LESSON 1: WHY IS PHYSICAL ACTIVITY IMPORTANT?

Study: All About Physical Activity

Learn about physical activity and the benefits of being active, including health-related, mental, spiritual, and social benefits. Explore the difference between moderate and vigorous physical activity. Familiarize yourself with the physical activity pyramid.

Duration: 0 hr 30 min

Practice: How Physically Active Am I?

Track your physical activities for five days. Write one paragraph about how well you follow the recommendations for physical activity or how you could improve.

Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 2: WHAT IS PHYSICAL FITNESS?

Study: Physical Fitness and Health-Related Fitness

Learn about physical fitness. Explore the five components of health-related fitness. Learn types of exercises for each component of health-related fitness.

Duration: 0 hr 30 min

Discuss: Teens and Health-Related Fitness

Discuss health-related fitness as it pertains to teens.

Duration: 0 hr 20 min Scoring: 10 points

Study: Skill-Related Fitness

Learn about the six skills that are related to fitness: agility, balance, coordination, reaction time, speed, and power.

Duration: 0 hr 15 min

Study: The FITT Formula

Learn the concepts of the FITT formula and how to apply it to your own exercise plan.

Duration: 0 hr 15 min

Study: Heart Rate

Learn about resting and target heart rates and why they are important to monitor.

Duration: 0 hr 15 min

Journal: How Physically Fit Are You?

Complete fitness challenges, including a one-mile-walk, step, and sit-and-reach tests, sit-ups, and pull-ups.

Duration: 0 hr 30 min

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 3: BEING PHYSICALLY ACTIVE

Study: What Influences Physical Activity?

Learn what factors influence your level of physical activity. Learn how to identify and overcome obstacles to engaging in physical activity. Explore physical activities that you can participate in throughout your life. Learn to set goals for physical activity.

Duration: 0 hr 20 min

Journal: Influences and Barriers

Write about factors that influence your level of physical activity, obstacles to being active, and ways to overcome them. Answer questions in order to identify physical activities in which you can participate.

Duration: 0 hr 15 min

Practice: My Physical Activity Goal

Determine how and where you can incorporate physical activities into your life on a daily or weekly basis. Monitor your progress toward that goal for one week.

Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 4: PHYSICALLY ACTIVE, INJURY FREE, AND QUACKPROOF

Study: Preparing for Physical Activity

Learn to prepare for physical activity, including choosing appropriate clothing, equipment, and gear, and protecting yourself from the elements.

Duration: 0 hr 15 min

Study: Why Warm Up and Cool Down?

Learn about the importance of warming up before and cooling down after physical activity. Learn some warm-up and cool-down exercises.

Duration: 0 hr 15 min

Study: What's Quackery?

Learn about quackery and advertising techniques that quacks typically use. Learn how to be an informed consumer and to avoid scams.

Duration: 0 hr 15 min

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 5: PHYSICAL ACTIVITY WRAP-UP

Review: Physical Activity

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

Duration: 1 hr

Test (CS): Physical Activity

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

Duration: 0 hr 30 min Scoring: 40 points

Test (TS): Physical Activity

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

Duration: 0 hr 45 min Scoring: 30 points

LESSON 6: DIAGNOSTIC

Diagnostic: Physical Activity

Take a diagnostic unit test that will generate a study plan based on your responses.

Duration: 0 hr 30 min Scoring: 20 points

UNIT 5: ALCOHOL, TOBACCO, AND OTHER DRUGS

LESSON 1: ALCOHOL

Study: Things to Know about Alcohol

Learn about alcohol, the effects of alcohol on the body's systems, and the effects of binge drinking.

Duration: 0 hr 30 min

Study: Alcohol and Your Mind

Learn about alcohol's effects on thinking and decision-making, and how drinking can lead to negative outcomes. Learn about organizations such as Alcoholics Anonymous or Al-Anon.

Duration: 0 hr 30 min

Study: Influences on Drinking Alcohol

Learn about the influences on alcohol consumption. Explore alcohol-related topics such as social pressures, advertising and the media, and legal and policy factors.

Duration: 0 hr 30 min

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 2: TOBACCO

Study: Tobacco: To Be Avoided

Learn about tobacco's harmful effects, advertising, and tobacco laws;

Duration: 0 hr 30 min

Study: Powerful Influences

Learn about influences on smoking, anti-smoking groups, and how to quit smoking.

Duration: 0 hr 30 min

Practice: Communicating About Tobacco

Answer questions about tobacco-related situations using your health skills.

Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 3: OTHER DRUGS

Study: Gray Matter

Learn about the short- and long-term effects of drugs on the brain and nervous system.

Duration: 0 hr 30 min

Study: Different Types of Drugs

Learn about the different types of drugs and their effects.

Duration: 0 hr 15 min

Study: Drug Use and Abuse

Learn about drug use and abuse. Learn four factors that influence drug abuse. Find out where to get help with drug addiction.

Duration: 0 hr 30 min

Journal: What Are Your Attitudes?

Write about your attitudes toward alcohol, tobacco, and other drug use, and about what influences those attitudes.

Duration: 0 hr 15 min

Discuss: Drug Attitudes and Actions

Discuss attitudes about alcohol, tobacco, and other drugs, and changes you would like to make to drug-related attitudes and behaviors.

Duration: 0 hr 30 min Scoring: 10 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 4: TAKE A STAND, MAKE A DIFFERENCE

Study: Youth Advocacy

Review health skills including communication, goal setting, decision-making, and advocacy. Learn about youth-advocacy efforts. Consider which advocacy effort is best suited to problems in your school, neighborhood, or community.

Duration: 0 hr 30 min

Practice: Advocacy Project

Think about what kinds of advocacy projects you might want to start or get involved with, considering the needs of your community.

Duration: 0 hr 15 min Scoring: 20 points

LESSON 5: ALCOHOL, TOBACCO, AND OTHER DRUGS WRAP-UP

Review: Alcohol, Tobacco, and Other Drugs

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

Duration: 0 hr 20 min

Test (CS): Alcohol, Tobacco, and Other Drugs

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

Duration: 0 hr 20 min Scoring: 40 points

Test (TS): Alcohol, Tobacco, and Other Drugs

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

Duration: 0 hr 45 min Scoring: 30 points

LESSON 6: DIAGNOSTIC

Diagnostic: Alcohol, Tobacco, and Other Drugs

Take a diagnostic unit test that will generate a study plan based on your responses.

Duration: 0 hr 30 min Scoring: 20 points

UNIT 6: INJURY PREVENTION AND SAFETY

LESSON 1: INJURIES AND TAKING RISKS

Study: No Such Things as Accidents?

Define intentional and unintentional injury. Learn about the types and frequency of injuries that occur most often during adolescence.

Duration: 0 hr 30 min

Study: Intentional and Preventable

Categorize certain injuries as intentional, unintentional, preventable, or unpreventable. Explain how to avert each preventable injury. Define risk and risk-taking. Give examples of healthy risks and unhealthy risks.

Duration: 0 hr 30 min

Practice: A Preventable Death

Practice identifying and averting unhealthy risks.

Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 2: PREVENTING VIOLENCE

Study: Violence Is a Form of Intentional Injury

Learn definitions and give examples of bullying, dating violence, sexual harassment and assault, weapon use, and domestic violence.

Duration: 0 hr 30 min

Study: Anger Without Violence

Learn strategies for preventing types of violence.

Duration: 0 hr 30 min

Practice: Prevent, Avoid, or Resolve?

Respond to scenarios that illustrate types of violence. Select the appropriate steps for preventing, avoiding, or resolving each violent situation.

Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 3: SAVE A LIFE OR A LIMB

Study: First Aid for Every Injury

Learn first aid procedures for common injuries. Learn about blood-handling precautions that prevent the spread of blood-borne infections.

Duration: 0 hr 30 min

Study: Save a Life with Emergency Aid

Apply the steps of decision-making to learn when to use emergency procedures, and what to do for shock and poisoning. Observe an animated demonstration of each procedure. Learn about where you can get further training and certification in emergency-aid procedures.

Duration: 0 hr 30 min

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 4: BE SAFE, THINK SAFE

Study: Safety in Unusual Events

Learn about how to stay safe during natural disasters.

Duration: 0 hr 30 min

Journal: Natural Disasters and Acts of Terror

List natural disasters that could occur where you live and that you might have already experienced. Write about what worries you most about these events and what preparations you will take in order to stay safe.

Duration: 0 hr 15 min

Discuss: What Would You Do?

Discuss natural disasters that you have experienced. Discuss worries or concerns you might have about potential natural disasters or terrorist acts. Consider what preparation or information would make you feel safer.

Duration: 0 hr 20 min Scoring: 10 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 5: INJURY PREVENTION AND SAFETY WRAP-UP

Review: Injury Prevention and Safety

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

Duration: 0 hr 20 min

Test (CS): Injury Prevention and Safety

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

Duration: 0 hr 30 min Scoring: 40 points

Test (TS): Injury Prevention and Safety

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

Duration: 0 hr 45 min Scoring: 30 points

LESSON 6: DIAGNOSTIC

Diagnostic: Injury Prevention and Safety

Take a diagnostic unit test that will generate a study plan based on your responses.

Duration: 0 hr 30 min Scoring: 20 points

UNIT 7: SOCIAL AND SEXUAL HEALTH

LESSON 1: RELATIONSHIPS

Study: Family Relationships and Friendships

Learn about types of family relationships. Understand what families provide. Explore friendship and different qualities of friendships.

Learn how to initiate, maintain, and end friendships.

Duration: 0 hr 30 min

Study: Romantic Relationships

Learn about dating and how to establish dating rules and limits. Acquire some dating skills. Learn about resources that can provide you with relationship help.

Duration: 0 hr 30 min

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 2: THE REPRODUCTIVE SYSTEMS

Study: The Female Reproductive System

Learn about the female reproductive system.

Duration: 0 hr 30 min

Study: Female Puberty and Menarche

Learn about the menstrual cycle, the roles of estrogen and progesterone, ovulation, and factors that can affect the menstrual cycle.

Duration: 0 hr 30 min

Study: Female Reproductive Health

Learn about female reproductive health issues.

Duration: 0 hr 30 min

Study: The Male Reproductive System

Learn about the male reproductive system.

Duration: 0 hr 30 min

Study: Male Puberty

Learn about physical changes that males undergo during puberty.

Duration: 0 hr 30 min

Study: Male Reproductive Health

Learn about male reproductive health issues.

Duration: 0 hr 30 min

Practice: Reproductive Health

Using Health Skill No. 7, advocacy, choose a reproductive health issue and write about it.

Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 3: MAKING DECISIONS ABOUT SEX

Study: Facts about Teenage Sex

Learn facts about sex and risks associated with the decision to have sex, including STDs, pregnancy, and HIV.

Duration: 0 hr 30 min

Study: Dealing with Pressures to Have Sex

Learn how to say no to sex. Explore alternatives to sex, tactics for delaying sex, how to set personal limits, and how to avoid certain sexual situations. Learn about the importance of respecting others' sexual limits and decisions.

Duration: 0 hr 30 min

Practice: Dear Blabby: Refusal Skills

Pretend you are a syndicated columnist. Answer a letter that talks about saying no to sex.

Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 4: MARRIAGE, PARENTHOOD, AND PREVENTING PREGNANCY

Study: Things to Know about Marriage

Learn about marriage, how to predict marital success, the risks involved in teenage marriage, and how to decide whether to marry.

Duration: 0 hr 30 min

Study: Pregnancy and Parenthood

Learn about pregnancy, as well as the responsibilities of parenthood, the risks and consequences of teenage pregnancy and parenthood, and how to decide whether to have children.

Duration: 0 hr 30 min

Journal: Interview a Parent

Interview a parent or guardian. Speak with him or her about the experience of being a parent. Write a short paragraph about one thing you learned from the interview.

Duration: 0 hr 15 min

Study: Preventing Pregnancy — What Works

Learn about which pregnancy-prevention techniques work.

Duration: 0 hr 30 min

Study: Preventing Pregnancy — What Doesn't Work

Learn about methods that fail to prevent pregnancy.

Duration: 0 hr 30 min

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 5: SOCIAL AND SEXUAL HEALTH WRAP-UP

Review: Social and Sexual Health

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

Duration: 1 hr

Test (CS): Social and Sexual Health

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

Duration: 0 hr 30 min Scoring: 40 points

Test (TS): Social and Sexual Health

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

Duration: 0 hr 45 min Scoring: 30 points

LESSON 6: DIAGNOSTIC

Diagnostic: Social and Sexual Health

Take a diagnostic unit test that will generate a study plan based on your responses.

Duration: 0 hr 30 min Scoring: 20 points

UNIT 8: PERSONAL, COMMUNITY, AND ENVIRONMENTAL HEALTH

LESSON 1: CAUSES OF DISEASES AND DISORDERS

Study: Things to Know about Diseases and Disorders

Learn definitions and examples of hereditary diseases, congenital disorders, infectious diseases, and noninfectious diseases.

Duration: 0 hr 30 min

Practice: Disease Prevention Know-How

Categorize certain hereditary, congenital, and infectious diseases and disorders. Indicate an appropriate prevention strategy for each.

Duration: 0 hr 30 min Scoring: 20 points

Study: Reduce Your Risk

Learn about noninfectious diseases with a genetic component. Explore prevention strategies for diseases such as cancer and heart disease. Learn about risk reduction.

Duration: 0 hr 30 min

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 2: YOUR PERSONAL ROLE IN DISEASE PREVENTION

Study: What Influences Your Health?

Examine the influences of behavior choices, environment, genetics, and health care on disease.

Duration: 0 hr 30 min

Study: Preventing STDs is a Lifestyle Decision

Learn to prevent sexually transmitted infections.

Duration: 0 hr 30 min

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 3: COMMUNITY HEALTH

Study: Things to Know about Community Health

Learn about community health and about negative and positive factors that influence it.

Duration: 0 hr 30 min

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 4: YOU AND THE ENVIRONMENT

Study: The Environment and Your Health

Learn how individual behaviors affect the environment. Learn how environmental factors affect individual health.

Duration: 0 hr 30 min

Journal: Your Environmental Score

Write about how you protect, ignore, or trash the environment in your daily life. Assign your behavior a score.

Duration: 0 hr 15 min

Practice: Advocate for Change

Walk around your neighborhood and complete an environmental inventory. Choose one aspect of your environment that needs improvement. Create a plan for advocating for that change.

Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min Scoring: 10 points

LESSON 5: PERSONAL, COMMUNITY, AND ENVIRONMENTAL HEALTH WRAP-UP

Review: Personal, Community, and Environmental Health

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

Duration: 0 hr 20 min

Test (CS): Personal, Community, and Environmental Health

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

Duration: 0 hr 20 min Scoring: 40 points

Test (TS): Personal, Community, and Environmental Health

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

Duration: 0 hr 45 min Scoring: 30 points

LESSON 6: DIAGNOSTIC

Diagnostic: Personal, Community, and Environmental Health

Take a diagnostic unit test that will generate a study plan based on your responses.

Duration: 0 hr 30 min Scoring: 20 points

UNIT 9: SKILLS FOR HEALTH REVIEW AND EXAM

LESSON 1: SKILLS FOR HEALTH

Review: Skills for Health

Prepare for the semester exam by reviewing key concepts covered in Skills for Health.

Duration: 4 hr

Exam: Skills for Health

Take a computer-scored exam to demonstrate your mastery of concepts and skills covered in Skills for Health.

Duration: 0 hr 50 min Scoring: 75 points

Final Exam: Skills for Health

Take a teacher-scored exam to demonstrate your mastery of concepts and skills covered in Skills for Health.

Duration: 1 hr 10 min Scoring: 75 points