

Personal Health and Wellness is a valuable, skills-based health education course designed for general education in grades 9 through 12. Personal Health and Wellness helps students develop knowledge, attitudes, and essential skills in a variety of health-related subjects, including mental and emotional health, social health, nutrition, physical fitness, substance use and abuse, disease prevention and treatment, and injury prevention and safety.

Through use of accessible information and project-based learning, students apply the skills they need to stay healthy. These skills include identifying and accessing valid health information, practicing self-management, identifying internal and external influences, communicating effectively, making healthy decisions, setting goals, and advocating. Students who complete Personal Health and Wellness build the skills they need to protect, enhance, and promote their own health and the health of others.

This course is built to state standards.

Length: One semester

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 (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

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

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

Checkup: Threats to Fitness and Good Nutrition

Checkup 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 (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

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

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

Checkpoint: Living Drug Free

Checkpoint 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 (CS): Drugs

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

Duration: 0 hrs 40 mins Scoring: 60 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

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 (CS): Disease

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

Duration: 0 hrs 40 mins Scoring: 60 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

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.

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 (CS): Injuries

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

Duration: 0 hrs 40 mins Scoring: 60 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

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.

Duration: 1 hr Scoring: 40 points

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 Sexual Assault

Learn about abusive relationships.

Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Abusive Relationships and Sexual Assault

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.

Duration: 1 hr Scoring: 40 points

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 (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

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

UNIT 7: SEMESTER REVIEW AND EXAM**LESSON 1: SEMESTER WRAP UP****Review: Semester Wrap Up**

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

Duration: 1 hr Scoring: 0 points

Exam: Semester 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: Semester 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