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.
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.
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

Checkup: Living Drug Free
Checkup 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.
LE S S O N  2:  S A F E T Y  L A W S  A N D  F I R S T  A I D

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


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


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

U N I T  6:  S E X U A L  H E A L T H

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