

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. You will have access to the final exam when all of the unit tests are complete, and the assignments are completed and graded.

Please allow for 2-3 days per assignment for grading. Read the full course instructions so you understand [how this course works](#).









- How This Course Works
- Instructions for the course
- Ask The Teacher

Meet your teacher for this course and ask a question.

Unit 1: A Healthy Foundation


















- In this unit we will learn:
- The basics of what determines good health and wellness.
 - Common factors that inhibit a healthy lifestyle.
 - Typical teenage behaviors that can be risky, as well as differences in the teenage brain that contribute to these behaviors.
 - How to best promote health and wellness through building a healthy lifestyle and through good life skills.
 - How to make responsible decisions and how setting goals can lead to a healthy life.

- | | |
|--|--------------------------|
| 1.1 Understanding Health and Wellness | <input type="checkbox"/> |
| Quiz 1.1 Understanding Health and Wellness | <input type="checkbox"/> |
| 1.2 Factors Affecting Health | <input type="checkbox"/> |
| Quiz 1.2 Factors Affecting Health | <input type="checkbox"/> |
| 1.3 Risky Behavior and the Teenage Brain Explained | <input type="checkbox"/> |

	Quiz 1.3 Risky Behavior and the Teenage Brain Explained	<input type="checkbox"/>
	1.4 Promoting Health and Wellness	<input type="checkbox"/>
	Quiz 1.4 Promoting Health and Wellness	<input type="checkbox"/>
	1.5 Building Health/Life Skills	<input type="checkbox"/>
	Quiz 1.5 Building Health/Life Skills	<input type="checkbox"/>
	1.6 Making Responsible Decisions and Setting Goals	<input type="checkbox"/>
	Quiz 1.6 Making Responsible Decisions and Setting Goals	<input type="checkbox"/>
	Unit 1 Assignment	<input type="checkbox"/>


Unit 2: Mental and Emotional 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.

	2.1 Developing Your Self-Esteem and Self-Confidence	<input type="checkbox"/>
	Quiz 2.1 Developing Your Self-Esteem and Self-Confidence	<input type="checkbox"/>
	2.2 Developing Personal Identity and Character	<input type="checkbox"/>
	Quiz 2.2 Developing Personal Identity and Character	<input type="checkbox"/>
	2.3 Understanding Emotions	<input type="checkbox"/>
	Quiz 2.3 Understanding Emotions	<input type="checkbox"/>
	2.4 Understanding and Managing Stress	<input type="checkbox"/>
	Quiz 2.4 Understanding and Managing Stress	<input type="checkbox"/>
	2.5 Coping with Loss and Grief	<input type="checkbox"/>
	Quiz 2.5 Coping with Loss and Grief	<input type="checkbox"/>
	2.6 Dealing with Anxiety and Depression	<input type="checkbox"/>
	Quiz 2.6 Dealing with Anxiety and Depression	<input type="checkbox"/>
	2.7 Mental Disorders	<input type="checkbox"/>
	Quiz 2.7 Mental Disorders	<input type="checkbox"/>
	2.8 Suicide Prevention and Getting Help	<input type="checkbox"/>
	Quiz 2.8 Suicide Prevention and Getting Help	<input type="checkbox"/>
	Unit 2 Assignment	<input type="checkbox"/>

Unit 3: Healthy and Safe Relationships
















- In this unit we will learn:
- The foundations of healthy relationships and to respect both yourself and others.
 - To build healthy family relationships.
 - To deal with peer pressure, as well as the ability to develop refusal skills, including abstinence, and conflict causes and resolutions.
 - To understand violence and to prevent and overcome abuse and bullying.

	3.1 Foundations of Healthy Relationships	<input type="checkbox"/>
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	 Quiz 3.1 Foundations of Healthy Relationships	<input type="checkbox"/>
	3.2 Respecting Yourself and Others	<input type="checkbox"/>
	 Quiz 3.2 Respecting Yourself and Others	<input type="checkbox"/>
	3.3 Healthy Family Relationships and Friendships	<input type="checkbox"/>
	 Quiz 3.3 Healthy Family Relationships and Friendships	<input type="checkbox"/>
	3.4 Peer Pressure and Refusal Skills	<input type="checkbox"/>
	 Quiz 3.4 Peer Pressure and Refusal Skills	<input type="checkbox"/>
	3.5 Teen Health: Abstinence	<input type="checkbox"/>
	 Quiz 3.5 Teen Health: Abstinence	<input type="checkbox"/>
	3.6 Conflict: Causes and Resolutions	<input type="checkbox"/>
	 Quiz 3.6 Conflict: Causes and Resolutions	<input type="checkbox"/>
	3.7 Understanding Violence	<input type="checkbox"/>
	 Quiz 3.7 Understanding Violence	<input type="checkbox"/>
	3.8 Preventing and Overcoming Abuse	<input type="checkbox"/>
	 Quiz 3.8 Preventing and Overcoming Abuse	<input type="checkbox"/>
	3.9 Bullying	<input type="checkbox"/>
	 Quiz 3.9 Bullying	<input type="checkbox"/>
	Unit 3 Assignment	<input type="checkbox"/>

Unit 4: 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.

	4.1 The Importance of Nutrition	<input type="checkbox"/>
	 Quiz 4.1 The Importance of Nutrition	<input type="checkbox"/>
	4.2 Nutrients and Healthy Food Guidelines	<input type="checkbox"/>
	 Quiz 4.2 Nutrients and Healthy Food Guidelines	<input type="checkbox"/>
	4.3 Nutrition Labels and Food Safety	<input type="checkbox"/>
	 Quiz 4.3 Nutrition Labels and Food Safety	<input type="checkbox"/>
	4.4 Maintaining A Healthy Weight	<input type="checkbox"/>
	 Quiz 4.4 Maintaining A Healthy Weight	<input type="checkbox"/>
	4.5 Body Image and Eating Disorders	<input type="checkbox"/>
	 Quiz 4.5 Body Image and Eating Disorders	<input type="checkbox"/>
	4.6 Benefits of Physical Activity and Improving Your Fitness	<input type="checkbox"/>
	 Quiz 4.6 Benefits of Physical Activity and Improving Your Fitness	<input type="checkbox"/>
	4.7 Fitness Safety and Avoiding Injuries	<input type="checkbox"/>
	 Quiz 4.7 Fitness Safety and Avoiding Injuries	<input type="checkbox"/>
	Unit 4 Assignment	<input type="checkbox"/>

Unit 5: Personal Health Care

In this unit we will learn:

- The basics of personal hygiene for maximum health, including how to care for skin, hair, nails, and the teeth.
- How to maintain a healthy mouth, eyes, and ears.
- What acne is, its causes, and how to treat it.

	5.1 What is Personal Hygiene?	<input type="checkbox"/>
	Quiz 5.1 What is Personal Hygiene?	<input type="checkbox"/>
	5.2 Skin, Hair and Nails	<input type="checkbox"/>
	Quiz 5.2 Skin, Hair and Nails	<input type="checkbox"/>
	5.3 Teeth and Mouth	<input type="checkbox"/>
	Quiz 5.3 Teeth and Mouth	<input type="checkbox"/>
	5.4 Eyes and Ears	<input type="checkbox"/>
	Quiz 5.4 Eyes and Ears	<input type="checkbox"/>
	5.5 What is Acne and How to Treat It	<input type="checkbox"/>
	Quiz 5.5 What is Acne and How to Treat It	<input type="checkbox"/>
	Unit 5 Assignment	<input type="checkbox"/>


Final Exam

Complete all of 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. You must score 60% or higher in the Final to receive credit for the course!

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 "Transcript Request" links below are not active, they cannot be accessed until you have achieved at least 60% on both the final and for the course total. Upon satisfying these two requirements, 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:

- You achieve a required score in **Course total**
- You achieve a required score in **Final Exam**

 [Certificate of Completion](#)

Restricted Not available unless:

- You achieve a required score in **Course total**
- You achieve a required score in **Final Exam**