

# Health Online (Pilot) Apex Health Extended Curriculum Overview

Apex Learning Health Extend (Pilot) Curriculum complies with California Education Code sections 51930-51939 and meets the California Health Education Content Standards for “Growth Development, and Sexual Health.” Apex Learning Health Extend (Pilot) Curriculum will be completed in high school, as a quarter-long course. You will find a list of the studies/units included in the curriculum below.

<b>Apex Learning Health Extended Studies</b>
Study: What is Health?
Study: Taking Control of your Health
Study: Stress Management and Self-Esteem
Study: Influences on Mental and Emotional Health
Study: Suicide
Study: Violence and Gang Involvement
Study: Communication Strategies
Review: Mental and Emotional Health
Study: Physical Fitness
Study: Good Nutrition
Study: Evaluating Health Products, Practices, and Services
Study: Eating Disorders
Study: Setting Goals and Formulating a Plan
Study: Alcohol, Tobacco, and Other Drugs
Study: Influences on Drug Usage
Study: Communicating About Drugs
Study: Resources for Protection Against Drug Abuse
Study: Advocating Against ATOD Use
Review: Drugs
Study: Communicable Diseases
Study: Noncommunicable and Chronic Diseases

Study: Public Health Policies
Study: Good Hygiene
Study: Impact of Technology on Health
Review: Disease
Study: Personal Safety
Study: Make Decisions to Avoid Injuries
Study: Public Policy and Your Safety
Study: First Aid
Study: Weather and Natural Disaster Safety
Review: Injuries
Study: Reproductive Systems
Study: Gender Identity and Sexual Orientation
Study: Safe and Healthy Relationships
Study: Practicing Abstinence
Study: Online Safety
Study: Abusive Relationships and Sexual Assault
Study: STDs/STIs
Study: Contraceptive Methods
Study: Pregnancy and Parenting
Review: Sexual Health

**If you would like to preview any of the units, please contact your student's principal.**