

Online Health APEX Curriculum

*Students with an Opt-Out will not be assigned the below shaded Activities

Activity Number	Activity Name
1.1.1	Study: What is Health?
1.1.2	Quiz: What is Health
*1.1.3	Study: Taking Control of your Health.
*1.1.4	Quiz: Taking Control of your Health.
1.2.1	Study: Stress Management and Self-Esteem
1.2.2	Quiz: Stress Management and Self-Esteem
1.2.3	Study: Influences on Mental and Emotional Health
1.2.4	Quiz: Influences on Mental and Emotional Health
1.3.1	Study: Suicide
1.3.2	Quiz: Suicide
1.3.3	Study: Violence and Gang Involvement
1.3.4	Quiz: Violence and Gang Involvement
1.4.2	Study: Communication Strategies
1.4.3	Quiz: Communication Strategies
1.5.1	Review: Mental and Emotional Health
*1.5.2	Test: Mental and Emotional Health
2.1.1	Study: Physical Fitness
2.1.2	Quiz: Physical Fitness
2.1.3	Study: Good Nutrition
2.1.4	Quiz: Good Nutrition
2.2.1	Study: Evaluating Health Products, Practices, and Services

2.2.2	Quiz: Evaluating Health Products Practices and Services
2.2.3	Study: Eating Disorders
2.2.4	Quiz: Eating Disorders
2.3.2	Study: Setting Goals and Formulating a Plan
2.3.3	Quiz: Setting Goals and Formulating a Plan
2.4.1	Review: Fitness and Nutrition
2.4.2	Test: Fitness and Nutrition *Proctored by your teacher
3.1.1	Study: Alcohol, Tobacco, and Other Drugs
3.1.2	Quiz: Alcohol, Tobacco, and Other Drugs
3.1.3	Study: Influences on Drug Usage
3.1.4	Quiz: Influences on Drug Usage
3.2.1	Study: Communicating About Drugs
3.2.2	Quiz: Communicating About Drugs
3.2.3	Study: Resources for Protection Against Drug Abuse
3.2.4	Quiz: Resources for Protection Against Drug Abuse
3.3.2	Study: Advocating Against ATOD Use
3.3.3	Quiz: Advocating Against ATOD Use
3.4.1	Review: Drugs
3.4.2	Test: Drugs *Proctored by your teacher
*4.1.1	Study: Communicable Diseases
*4.1.2	Quiz: Communicable Diseases
4.1.3	Study: Noncommunicable and Chronic Diseases

4.1.4	Quiz: Noncommunicable and Chronic Diseases*
4.2.1	Study: Public Health Policies
4.2.2	Quiz: Public Health Policies
4.2.3	Study: Good Hygiene
4.2.4	Quiz: Good Hygiene
4.3.2	Study: Impact of Technology on Health
4.3.3	Quiz: Impact of Technology on Health
*4.4.1	Review: Disease
*4.4.2	Test: Disease
5.1.1	Study: Personal Safety
5.1.2	Quiz: Personal Safety
5.1.3	Study: Make Decisions to Avoid Injuries
5.1.4	Quiz: Make Decisions to Avoid Injuries
5.2.1	Study: Public Policy and Your Safety
5.2.2	Quiz: Public Policy and Your Safety
5.2.3	Study: First Aid
5.2.4	Quiz: First Aid
5.3.2	Study: Weather and Natural Disaster Safety
5.3.3	Quiz: Weather and Natural Disaster Safety
5.4.1	Review: Injuries
5.4.2	Test: Injuries *Proctored by your teacher
*6.1.1	Study: Reproductive Systems
*6.1.2	Quiz: Reproductive Systems
*6.1.3	Study: Gender Identity and Sexual Orientation

6.1.5	Study: Safe and Healthy Relationships
6.1.6	Quiz: Safe and Healthy Relationships
*6.2.1	Study: Practicing Abstinence
*6.2.2	Quiz: Practicing Abstinence
6.2.3	Study: Online Safety
6.2.4	Quiz: Online Safety
*6.3.2	Study: Abusive Relationships and Sexual Assault
*6.3.3	Quiz: Abusive Relationships and Sexual Assault
*6.4.1	Study: STDs/STIs
*6.4.2	Quiz: STDs/STIs
*6.4.3	Study: Contraceptive Methods
*6.4.4	Quiz: Contraceptive Methods
*6.4.5	Study: Pregnancy and Parenting
*6.4.6	Quiz: Pregnancy and Parenting
*6.5.1	Review: Sexual Health
*6.5.2	Test: Sexual Health