

# *Apex Learning's CA Health Syllabus*

## **Course Description**

Apex Learning's Health course is a valuable, skills-based health education course designed for general education in grades 9 through 12. Health 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, realistic interactivities, 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 Health build the skills they need to protect, enhance, and promote their own health and the health of others.

## **Course Outline**

### **Unit 1: Mental and Emotional Health**

- Lesson 1:** Introduction to Skills for Health
- Lesson 2:** Your Mental and Emotional Health
- Lesson 3:** Suicide and Violence Prevention
- Lesson 4:** Communication Skills

### **Unit 2: Fitness and Nutrition**

- Lesson 1:** Guidelines for Fitness and Nutrition
- Lesson 2:** Threats to Fitness and Good Nutrition
- Lesson 3:** Planning for Fitness and Good Nutrition

### **Unit 3: Drugs**

- Lesson 1:** Drug Use and Abuse
- Lesson 2:** Living Drug Free
- Lesson 3:** Advocating for a Drug-Free Lifestyle

### **Unit 4: Disease**

- Lesson 1:** Types of Diseases
- Lesson 2:** Preventing Disease
- Lesson 3:** Susceptibility, Detection, and Treatment of Disease

### **Unit 5: Injuries**

- Lesson 1:** Safety and Injury Prevention
- Lesson 2:** Safety Laws and First Aid
- Lesson 3:** Weather and Natural Disaster Safety

**Unit 6: Sexual Health**

**Lesson 1: Reproductive Health and Relationships**

**Lesson 2: Abstinence and Online Safety**

**Lesson 3: Recognizing Harmful Relationships**

**Lesson 4: Safe Sexuality and Pregnancy**

# 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 <b>*Proctored by your teacher</b>
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 <b>*Proctored by your teacher</b>
*4.1.1	<b>Study: Communicable Diseases</b>
*4.1.2	<b>Quiz: Communicable Diseases</b>
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	<b>Review: Disease</b>
*4.4.2	<b>Test: Disease</b>
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 <b>*Proctored by your teacher</b>
*6.1.1	<b>Study: Reproductive Systems</b>
*6.1.2	<b>Quiz: Reproductive Systems</b>
*6.1.3	<b>Study: Gender Identity and Sexual Orientation</b>

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