Health

1. Health and Wellness Basics
	1. Health and Wellness
		1. Vocabulary
		2. Direct Instruction - Running Time: 23 min 49 sec
		3. Quiz
	2. Personal Care
		1. Vocabulary
		2. Direct Instruction - Running Time: 21 min 4 sec
		3. Quiz
	3. Making Consumer Choices
		1. Vocabulary
		2. Direct Instruction - Running Time: 32 min 9 sec
		3. Quiz
	4. Setting Healthy Goals
		1. Vocabulary
		2. Direct Instruction - Running Time: 28 min 11 sec
		3. Quiz
	5. First Aid
		1. Vocabulary
		2. Direct Instruction - Running Time: 20 min 5 sec
		3. Quiz
	6. Lifesaving Procedures
		1. Instruction
			1. How would you perform lifesaving procedures?
		2. Assignment
			1. Recognize proper techniques in lifesaving procedures.
		3. Quiz
	7. Common Sports Injuries and Prevention
		1. Vocabulary
		2. Direct Instruction - Running Time: 26 min 12 sec
		3. Quiz
	8. Environmental Conditions and Safety
		1. Vocabulary
		2. Direct Instruction - Running Time: 21 min 56 sec
		3. Quiz
	9. Environmental Health
		1. Vocabulary
		2. Direct Instruction - Running Time: 24 min 1 sec
		3. Quiz
	10. **Unit Test - (Must be taken in Person)**
		1. Unit Test Review
2. Nutrition and Achieving a Healthy Body Composition
	1. Food and Health
		1. Vocabulary
		2. Direct Instruction - Running Time: 23 min 40 sec
		3. Quiz
	2. Nutritional Needs
		1. Vocabulary
		2. Direct Instruction - Running Time: 25 min 57 sec
		3. Quiz
	3. Guidelines for Healthy Eating
		1. Vocabulary
		2. Direct Instruction - Running Time: 28 min 10 sec
		3. Quiz
	4. Healthy Body Composition
		1. Vocabulary
		2. Direct Instruction - Running Time: 18 min 34 sec
		3. Quiz
	5. Determining and Controlling Body Composition
		1. Vocabulary
		2. Direct Instruction - Running Time: 27 min 25 sec
		3. Quiz
	6. Diets
		1. Vocabulary
		2. Direct Instruction - Running Time: 27 min 39 sec
		3. Quiz
	7. Body Image and Eating Disorders
		1. Vocabulary
		2. Direct Instruction - Running Time: 32 min 27 sec
		3. Quiz
	8. **Unit Test - (Must be taken in Person)**
		1. Unit Test Review
3. Managing Emotional Health and Wellness
	1. Evaluating Mental and Emotional Health
		1. Vocabulary
		2. Direct Instruction - Running Time: 17 min 26 sec
		3. Quiz
	2. Managing Emotions
		1. Vocabulary
		2. Direct Instruction - Running Time: 21 min 30 sec
		3. Quiz
	3. Mental Health Disorders
		1. Vocabulary
		2. Direct Instruction - Running Time: 20 min 36 sec
		3. Quiz
	4. Anxiety, Depression, and Suicide
		1. Vocabulary
		2. Direct Instruction - Running Time: 24 min 54 sec
		3. Quiz
	5. Grieving and Loss
		1. Vocabulary
		2. Direct Instruction - Running Time: 22 min 12 sec
		3. Quiz
	6. Stress and Health
		1. Vocabulary
		2. Direct Instruction - Running Time: 21 min 49 sec
		3. Quiz
	7. Coping with Stress
		1. Vocabulary
		2. Direct Instruction - Running Time: 15 min 20 sec
		3. Quiz
	8. **Unit Test - (Must be taken in Person)**
		1. Unit Test Review
4. Decision Making, Communication, and Healthy Relationships
	1. Decision Making
		1. Vocabulary
		2. Direct Instruction - Running Time: 23 min 59 sec
		3. Quiz
	2. Communication
		1. Vocabulary
		2. Direct Instruction - Running Time: 21 min 40 sec
		3. Quiz
	3. Conflict Management
		1. Vocabulary
		2. Direct Instruction - Running Time: 28 min 41 sec
		3. Quiz
	4. Peer Pressure and Refusal Skills
		1. Vocabulary
		2. Direct Instruction - Running Time: 20 min 52 sec
		3. Quiz
	5. Healthy Friendships
		1. Vocabulary
		2. Direct Instruction - Running Time: 23 min 31 sec
		3. Quiz
	6. Family Relationships
		1. Vocabulary
		2. Direct Instruction - Running Time: 33 min 22 sec
		3. Quiz
	7. Dating Relationships
		1. Vocabulary
		2. Direct Instruction - Running Time: 25 min 22 sec
		3. Quiz
	8. Pregnancy
		1. Vocabulary
		2. Direct Instruction - Running Time: 28 min 15 sec
		3. Quiz
	9. Abstinence and Contraceptives
		1. Vocabulary
		2. Direct Instruction - Running Time: 26 min 43 sec
		3. Quiz
	10. Responding to Violence and Abuse
		1. Vocabulary
		2. Direct Instruction - Running Time: 21 min 10 sec
		3. Quiz
	11. **Unit Test - (Must be taken in Person)**
		1. Unit Test Review
5. Tobacco, Alcohol, and Drugs
	1. Using Tobacco
		1. Vocabulary
		2. Direct Instruction - Running Time: 23 min 16 sec
		3. Quiz
	2. Dangers of Tobacco
		1. Vocabulary
		2. Direct Instruction - Running Time: 22 min 54 sec
		3. Quiz
	3. Choosing a Tobacco-Free Life
		1. Vocabulary
		2. Direct Instruction - Running Time: 25 min 21 sec
		3. Quiz
	4. Using Alcohol
		1. Vocabulary
		2. Direct Instruction - Running Time: 29 min 34 sec
		3. Quiz
	5. Alcohol and the Body
		1. Vocabulary
		2. Direct Instruction - Running Time: 21 min 27 sec
		3. Quiz
	6. Choosing an Alcohol-Free Life
		1. Vocabulary
		2. Direct Instruction - Running Time: 20 min 20 sec
		3. Quiz
	7. Drugs as Medicine
		1. Vocabulary
		2. Direct Instruction - Running Time: 20 min 20 sec
		3. Quiz
	8. Illegal Drugs
		1. Vocabulary
		2. Direct Instruction - Running Time: 25 min 6 sec
		3. Quiz
	9. Drug Use Risks
		1. Vocabulary
		2. Direct Instruction - Running Time: 28 min 40 sec
		3. Quiz
	10. Choosing a Drug-Free Life
		1. Vocabulary
		2. Direct Instruction - Running Time: 21 min 27 sec
		3. Quiz
	11. **Unit Test - (Must be taken in Person)**
		1. Unit Test Review
6. Health in your Community: Communicable and Noncommunicable Diseases and Infections
	1. Defining Communicable Diseases
		1. Vocabulary
		2. Direct Instruction - Running Time: 15 min 21 sec
		3. Quiz
	2. Preventing Communicable Diseases
		1. Vocabulary
		2. Direct Instruction - Running Time: 14 min 57 sec
		3. Quiz
	3. Common Communicable Diseases
		1. Vocabulary
		2. Direct Instruction - Running Time: 21 min 10 sec
		3. Quiz
	4. Risks of Sexually Transmitted Infections
		1. Vocabulary
		2. Direct Instruction - Running Time: 23 min 13 sec
		3. Quiz
	5. Common Sexually Transmitted Infections
		1. Vocabulary
		2. Direct Instruction - Running Time: 26 min 27 sec
		3. Quiz
	6. Understanding HIV and AIDS
		1. Vocabulary
		2. Direct Instruction - Running Time: 25 min 46 sec
		3. Quiz
	7. Cancer
		1. Vocabulary
		2. Direct Instruction - Running Time: 16 min 31 sec
		3. Quiz
	8. Common Noncommunicable Diseases
		1. Vocabulary
		2. Direct Instruction - Running Time: 18 min 22 sec
		3. Quiz
	9. **Unit Test - (Must be taken in Person)**
		1. Unit Test Review
7. Cumulative Exam - (Must be taken in Person)
	1. Cumulative Exam Review