

Health, Part 2



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. We recommend you complete the unit assignment before you attempt the unit test, the assignment will help you prepare. You will have access to the final when all unit tests are complete and your assignments are graded.

Allow 2-3 days for an assignment to be graded. Read the full course instructions to understand the course grading.

- Instructions for the Course
- How This Course Works and Suggested Timeline
- Submitting Your Assignments
- 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 Promoting Health and Wellness
 - Quiz 1.1 Promoting Health and Wellness
- 1.2 Risky Behavior and the Teenage Brain Explained
 - Quiz 1.2 Risky Behavior and the Teenage Brain Explained
- 1.3 Building Health/Life Skills
 - Quiz 1.3 Building Health/Life Skills
- 1.4 Making Responsible Decisions and Setting Goals
 - Quiz 1.4 Making Responsible Decisions and Setting Goals
- Unit 1 Assignment: Healthy Foundation

Unit 2: 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.

- 2.1 Foundations of Healthy Relationships
 - Quiz 2.1 Foundations of Healthy Relationships
- 2.2 Respecting Yourself and Others
 - Quiz 2.2 Respecting Yourself and Others
- 2.3 Healthy Family Relationships and Friendships
 - Quiz 2.3 Healthy Family Relationships and Friendships
- 2.4 Peer Pressure and Refusal Skills
 - Quiz 2.4 Peer Pressure and Refusal Skills
- 2.5 Teen Health: Abstinence
 - Quiz 2.5 Teen Health: Abstinence
- 2.6 Conflict: Causes and Resolutions
 - Quiz 2.6 Conflict: Causes and Resolutions
- 2.7 Understanding Violence
 - Quiz 2.7 Understanding Violence
- 2.8 Preventing and Overcoming Abuse
 - Quiz 2.8 Preventing and Overcoming Abuse
- 2.9 Bullying
 - Quiz 2.9 Bullying
- Unit 2 Assignment: Relationships

Unit 3: Body Systems

In this unit we will learn:

- The major human body systems, including the skeletal, muscular, nervous, circulatory, respiratory, lymphatic, digestive, excretory, endocrine, and reproductive systems.

- 3.1 The Skeletal System
 - Quiz 3.1 The Skeletal System
- 3.2 The Muscular System
 - Quiz 3.2 The Muscular System
- 3.3 The Nervous System
 - Quiz 3.3 The Nervous System
- 3.4 The Circulatory, Respiratory and Lymphatic Systems
 - Quiz 3.4 The Circulatory, Respiratory and Lymphatic Systems
- 3.5 The Digestive and Excretory Systems
 - Quiz 3.5 The Digestive and Excretory Systems
- 3.6 The Endocrine System
 - Quiz 3.6 The Endocrine System
- 3.7 The Male and Female Reproductive Systems
 - Quiz 3.7 The Male and Female Reproductive Systems
- 3.8 Integumentary System
 - Quiz 3.8 Integumentary System
- Unit 3 Assignment: Body Systems

Unit 4: The Human Life Cycle

In this unit we will learn:

- That humans follow a life cycle, and the stages of growth.
- The principles of heredity and genetics.
- Prenatal development, and prenatal care, as well as the childbirth process.
- The early stage of birth through early childhood.
- The stage of middle and late childhood, adolescence and puberty, as well as early and middle adulthood, into late adulthood and death.

- 4.1 Introduction to the Human Life Cycle
 - Quiz 4.1 Introduction to the Human Life Cycle
- 4.2 Heredity and Genetics
 - Quiz 4.2 Heredity and Genetics
- 4.3 Prenatal Development, Prenatal Care and Childbirth
 - Quiz 4.3 Prenatal Development, Prenatal Care and Childbirth
- 4.4 Birth Through Early Childhood
 - Quiz 4.4 Birth Through Early Childhood
- 4.5 Middle and Late Childhood
 - Quiz 4.5 Middle and Late Childhood
- 4.6 Adolescence and Puberty
 - Quiz 4.6 Adolescence and Puberty
- 4.7 Early and Middle Adulthood
 - Quiz 4.7 Early and Middle Adulthood
- 4.8 Late Adulthood and Death
 - Quiz 4.8 Late Adulthood and Death
- Unit 4 Assignment: Human Life Cycle

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?
 - Quiz 5.1 What is Personal Hygiene?
- 5.2 Skin, Hair and Nails
 - Quiz 5.2 Skin, Hair and Nails
- 5.3 Teeth and Mouth
 - Quiz 5.3 Teeth and Mouth
- 5.4 Eyes and Ears
 - Quiz 5.4 Eyes and Ears
- 5.5 What is Acne and How to Treat It
 - Quiz 5.5 What is Acne and How to Treat It
- Unit 5 Assignment: Personal Health Care

Final Exam

Complete all 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. There is a 3 hour time limit.

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 "Course Completion Record Request" links below are not active, they cannot be accessed until you have taken the final. Upon satisfying this requirement 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: The activity **Final Exam** is marked complete

- Certificate of Completion

Restricted Not available unless: The activity **Final Exam** is marked complete