

# Health

iSierra Online Academy@La Sierra High School

Publisher: APEX Digital Learning

---

**Length One Semester**

**Prerequisites None**

Health 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 sexual health.

Through use of accessible information, realistic interactivities, and study sheets, students learn 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 learn the skills they need to protect, enhance, and promote their own health and the health of others.

The content is based on the National Health Standards (SHAPE) and is aligned to state standards.

## Content Outlines

These unit and lesson level outlines help you become familiar with the Courses you're working with. Full syllabi are accessible from the [Apex Learning website](#) and from Appendix A: Student Resources of the course.

**This Course Outline contains a more detailed listing of the topics covered in Unit 6: Sexual Health. All topics are compliant with AB 329: The California Healthy Students Act.**

## Course Materials

This title has no required or optional materials

# Course Outline

## UNIT 1: MENTAL AND EMOTIONAL HEALTH

- Lesson 1: Introduction to Health
- Lesson 2: Your Mental and Emotional Health
- Lesson 3: Suicide and Violence Prevention
- Lesson 4: Communication Skills
- Lesson 5: Wrap Up: Mental and Emotional Health

## 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
- Lesson 4: Wrap Up: Fitness and Nutrition

## UNIT 3: DRUGS

- Lesson 1: Drug Use and Abuse
- Lesson 2: Living Drug Free
- Lesson 3: Advocating for a Drug-Free Lifestyle
- Lesson 4: Wrap Up: Drugs

## UNIT 4: DISEASE

- Lesson 1: Types of Diseases
- Lesson 2: Preventing Disease
- Lesson 3: Susceptibility, Detection, and Treatment of Disease
- Lesson 4: Wrap Up: Disease

## \*\*UNIT 6: SEXUAL HEALTH

### Reproductive Health and Relationships

- Reproductive Systems
- The Endocrine System
- Female Reproductive Anatomy
- The Male Reproductive System
- Puberty in Females
- Puberty in Males
- Female Reproductive Health Issues
- Male Reproductive Health Issues

### Gender Identity and Sexual Orientation

- Sexuality and Gender
- Sexual Orientation
- Sexual Stereotypes
- Gender Stereotypes
- Gender Identity
- Diversity and Tolerance
- Gender and Sexuality Phobias
- Sexism

- Honest and Open Communication
- The Importance of Committed Relationships

### **Safe and Healthy Relationships**

- Family Relationships
- Healthy Families
- The Culture of Family Relationships
- Unhealthy Families
- Friendship
- Unhealthy Peer Relationships
- Healthy Dating Relationships
- Dating Cultures
- Fostering Dating Relationships
- Unhealthy Dating Relationships
- Dating Norms
- Healthy Relationships

### **Abstinence and Online Safety**

- Online Safety
- Personally Identifiable Information
- Information Sharing
- Online Interactions
- Inappropriate Behaviors
- Think Long-Term
- Healthy Online Behavior Tips
- Review Negative Consequences

### **Recognizing Harmful Relationships**

- Abusive Relationships and Sexual Assault
- Characteristics of Abusive Relationships
- Domestic Violence
- Behavior that Can Lead to Violence
- Behavior that Can Lead to Becoming a Victim
- Strategies for Avoiding Dating Violence
- Sexual Assault and Other Sexually Violent Behaviors
- Sexual Coercion
- Sex Trafficking
- The Victimization Process
- Avoid Being Trafficked
- Strategies for Avoiding Sexual Coercion and Assault
- Myths About Sexual Abuse
- Impacts of Relationship Violence
- Laws about Dating Violence
- Leaving an Abusive Relationship
- Professional Services for Abuse Victims

## **Safe Sexuality and Pregnancy**

- STDs/STIs
- STDs
- Myths About STD/STI Transmission
- Preventing STDs
- STD Treatment
- STD Resources and Impacts
- AIDS
- Preventing HIV and AIDS
- HIV Transmission
- Preventing HIV Transmission During Sex
- Reducing Transmission
- Treatment for HIV and AIDS
- Impacts of HIV/AIDS
- Society's Views of HIV and AIDS

## **Contraceptive Methods**

- Contraception
- Myth or Fact
- Pregnancy Prevention: What Works
- Preventing Pregnancy: What Doesn't Work

## **Pregnancy and Parenting**

- Fertilization
- Pregnancy and Fetal Development
- Childbirth
- Prenatal care
- Prenatal Nutrition
- Perinatal Care
- Adoption
- Abortion
- Safe Surrender
- Parenting
- Views on Parenting
- Healthy Parenting
- Unhealthy Parenting
- Preventing Child Neglect
- Child Care
- Child Care Resources

\*\* An alternate unit of study is available to replace unit 6

**To view the curriculum for unit 6, please contact Lisa Valdes: [lvaldes@fjuhsd.org](mailto:lvaldes@fjuhsd.org).**