

# Health

FJUHSD Summer Health Program  
Publisher: APEX Digital Learning

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**Length 10 days**  
**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.

## 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 the alternate unit (unit 5) which replaces the sexual health unit (unit 6). All topics are compliant with AB 329: The California Healthy Students Act.**

## Course Materials

This title has no required or optional materials

## **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 5: INJURIES**

- Lesson 1: Safety and Injury Prevention
- Lesson 2: Safety Laws and First Aid
- Lesson 3: Weather and Natural Disaster Safety
- Lesson 4: Wrap Up: Injuries