

# Alternate Health Education California

FJUHSD Health

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## Prerequisites None

California Health is a valuable, skills-based health course designed for general education in grades 9 through 12. California 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 the use of accessible information and interactive activities, and Study Guides, 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 California Health build the skills they need to protect, enhance, and promote their own health and the health of others.

This course is built to California state standards for health education and meets the requirements of the California Healthy Youth Act.

## 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 district [Health webpage](#), from the [Edmentum/ Apex Learning website](#) and from Appendix A: Student Resources of the course.

**All topics are compliant with AB 329: The California Healthy Youth Act. This course is also compliant with SB 224: Mental Health Education.**

## 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: Challenges to Mental Health and Preventing Gang Involvement

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 OVERVIEW: 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 OVERVIEW: 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