

## Health & Personal Wellness

### Detailed Schedule

This schedule is a recommended pacing chart for the course. It shows the sections, tasks, assignments, and points possible. Each section is designed to be completed in about one week's time for a 16 week course. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your teacher may also have a set schedule he/she would prefer you to use. Check with your instructor if you have any questions.

**Upload Assignment** = indicates that you must type your assignment in a document or other format, as specified and submit it or upload in the course.

**Electronic Assignment** = indicates that you can type your response directly into the space provided in the course.

Section	Type of Assignment	Assignment	Points Possible	Due Date
<b>Course Introduction</b>				
Intro	Multimedia Lesson	<i>Course Introduction</i>	n/a	
Intro	Multimedia Lesson	<i>Course Tasks</i>	n/a	
Intro	Discussion	Introduce Yourself	5	
Intro	Quiz	Course Policies Quiz	10	
Intro	Upload Assignment	Course Contract	10	
<b>Unit 1 Holistic Health</b>				
<b>Section 1.1 What is Health?</b>				
1.1	Multimedia Lesson	<i>Case Study</i>	n/a	
1.1	Multimedia Lesson	<i>Health</i>	n/a	
1.1	Multimedia Lesson	<i>State of the Nation</i>	n/a	
1.1	Multimedia Lesson	<i>Risk Factors</i>	n/a	
1.1	Multimedia Lesson	<i>Section Review</i>	n/a	
1.1	Vocabulary Check	Vocabulary Review	n/a	
1.1	Fieldtrip/Online Links	View Additional Links	n/a	
1.1	Electronic Assignment	Reflection Questions	10	
1.1	Discussion	Risk Factors	5	
1.1	Upload Assignment	Health Survey	25	
1.1	Quiz	Section 1.1 Quiz	20	
<b>Section 1.2 Decision Making Skills</b>				
1.2	Multimedia Lesson	<i>Case Study</i>	n/a	
1.2	Multimedia Lesson	<i>Stages of Change</i>	n/a	
1.2	Multimedia Lesson	<i>Decision Making Model</i>	n/a	
1.2	Multimedia Lesson	<i>Decision Making Model ex.</i>	n/a	
1.2	Multimedia Lesson	<i>Goal Setting</i>	n/a	
1.2	Multimedia Lesson	<i>Action Plan example</i>	n/a	
1.2	Multimedia Lesson	<i>Section Review</i>	n/a	
1.2	Vocabulary Check	Vocabulary Review	n/a	
1.2	Fieldtrip/Online Links	View Additional Links	n/a	
1.2	Electronic Assignment	Reflection Questions	10	
1.2	Discussion	Goal Setting	5	
1.2	Upload Assignment	Health Action Plan	25	

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1.2	Quiz	Section 1.2 Quiz	20	
Unit 1	Unit Exam	Unit 1 Exam	50	
<b>Unit 2 Mental Health</b>				
<b>Section 2.1 Mental Health</b>				
2.1	Multimedia Lesson	<i>Case Study</i>	n/a	
2.1	Multimedia Lesson	<i>Mental Health</i>	n/a	
2.1	Multimedia Lesson	<i>Personality &amp; Needs</i>	n/a	
2.1	Multimedia Lesson	<i>Mental Disorders</i>	n/a	
2.1	Multimedia Lesson	<i>Section Review</i>	n/a	
2.1	Vocabulary Check	Vocabulary Review	n/a	
2.1	Fieldtrip/Online Links	View Additional Links	n/a	
2.1	Electronic Assignment	Reflection Questions	10	
2.1	Discussion	Societal Effects	5	
2.1	Upload Assignment	Body Image & Self Esteem	25	
2.1	Quiz	Section 2.1 Quiz	20	
<b>Section 2.2 Coping Skills</b>				
2.2	Multimedia Lesson	<i>Case Study</i>	n/a	
2.2	Multimedia Lesson	<i>Coping Mechanisms</i>	n/a	
2.2	Multimedia Lesson	<i>Seeking Help</i>	n/a	
2.2	Multimedia Lesson	<i>Stages of Grief</i>	n/a	
2.2	Multimedia Lesson	<i>Section Review</i>	n/a	
2.2	Vocabulary Check	Vocabulary Review	n/a	
2.2	Fieldtrip/Online Links	View Additional Links	n/a	
2.2	Electronic Assignment	Reflection Questions	10	
2.2	Discussion	Coping Styles	5	
2.2	Upload Assignment	Mental Health Movie	25	
2.2	Quiz	Section 2.2 Quiz	20	
<b>Section 2.3 Stress and Time Management</b>				
2.3	Multimedia Lesson	<i>Case Study</i>	n/a	
2.3	Multimedia Lesson	<i>Stress</i>	n/a	
2.3	Multimedia Lesson	<i>Stress Management</i>	n/a	
2.3	Multimedia Lesson	<i>Time Management</i>	n/a	
2.3	Multimedia Lesson	<i>Section Review</i>	n/a	
2.3	Vocabulary Check	Vocabulary Review	n/a	
2.3	Fieldtrip/Online Links	View Additional Links	n/a	
2.3	Electronic Assignment	Reflection Questions	10	
2.3	Discussion	Stress Management	5	
2.3	Upload Assignment	Relaxation Technique	25	
2.3	Quiz	Section 2.3 Quiz	20	
Unit 2	Unit Exam	Unit 2 Exam	50	
<b>Unit 3 Social Health</b>				
<b>Section 3.1 Healthy Relationships</b>				
3.1	Multimedia Lesson	<i>Case Study</i>	n/a	
3.1	Multimedia Lesson	<i>Social Wellness</i>	n/a	
3.1	Multimedia Lesson	<i>Family Health</i>	n/a	
3.1	Multimedia Lesson	<i>Friends</i>	n/a	

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3.1	Multimedia Lesson	<i>Marriage &amp; Parenthood</i>	n/a	
3.1	Multimedia Lesson	<i>Abuse</i>	n/a	
3.1	Multimedia Lesson	<i>Section Review</i>	n/a	
3.1	Vocabulary Check	Vocabulary Review	n/a	
3.1	Fieldtrip/Online Links	View Additional Links	n/a	
3.1	Electronic Assignment	Reflection Questions	10	
3.1	Discussion	Music & Friendship	5	
3.1	Upload Assignment	Family Flyer	25	
3.1	Quiz	Section 3.1 Quiz	20	
<b>Section 3.2 Communication</b>				
3.2	Multimedia Lesson	<i>Case Study</i>	n/a	
3.2	Multimedia Lesson	<i>Communication</i>	n/a	
3.2	Multimedia Lesson	<i>Conflict Resolution</i>	n/a	
3.2	Multimedia Lesson	<i>Validation</i>	n/a	
3.2	Multimedia Lesson	<i>Peer Pressure</i>	n/a	
3.2	Multimedia Lesson	<i>Section Review</i>	n/a	
3.2	Vocabulary Check	Vocabulary Review	n/a	
3.2	Fieldtrip/Online Links	View Additional Links	n/a	
3.2	Electronic Assignment	Reflection Questions	10	
3.2	Discussion	Communication Technology	5	
3.2	Upload Assignment	Communication Barriers	25	
3.2	Quiz	Section 3.2 Quiz	20	
Unit 3	Unit Exam	Unit 3 Exam	50	
<b>Unit 4 Physical Health</b>				
<b>Section 4.1 Physical Wellness</b>				
4.1	Multimedia Lesson	<i>Case Study</i>	n/a	
4.1	Multimedia Lesson	<i>Physical Wellness</i>	n/a	
4.1	Multimedia Lesson	<i>Components of Fitness</i>	n/a	
4.1	Multimedia Lesson	<i>Fitness Pyramid</i>	n/a	
4.1	Multimedia Lesson	<i>Exercise Prescription</i>	n/a	
4.1	Multimedia Lesson	<i>Exercise Principles</i>	n/a	
4.1	Multimedia Lesson	<i>Fitness Assessment</i>	n/a	
4.1	Multimedia Lesson	<i>Section Review</i>	n/a	
4.1	Vocabulary Check	Vocabulary Review	n/a	
4.1	Fieldtrip/Online Links	View Additional Links	n/a	
4.1	Electronic Assignment	Reflection Questions	10	
4.1	Discussion	Fitness Barriers	5	
4.1	Upload Assignment	Fitness Assessment	25	
4.1	Quiz	Section 4.1 Quiz	20	
<b>Section 4.2 Nutrition</b>				
4.2	Multimedia Lesson	<i>Case Study</i>	n/a	
4.2	Multimedia Lesson	<i>MyPlate</i>	n/a	
4.2	Multimedia Lesson	<i>Dietary Guidelines</i>	n/a	
4.2	Multimedia Lesson	<i>Portion Sizes</i>	n/a	
4.2	Multimedia Lesson	<i>Weight Management</i>	n/a	
4.2	Multimedia Lesson	<i>Fad diets</i>	n/a	

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4.2	Multimedia Lesson	<i>Food Labels</i>	n/a	
4.2	Multimedia Lesson	<i>Eating Disorders</i>	n/a	
4.2	Multimedia Lesson	<i>Essential Nutrients</i>	n/a	
4.2	Multimedia Lesson	<i>Section Review</i>	n/a	
4.2	Vocabulary Check	Vocabulary Review	n/a	
4.2	Fieldtrip/Online Links	View Additional Links	n/a	
4.2	Electronic Assignment	Reflection Questions	10	
4.2	Discussion	Family Eating	5	
4.2	Upload Assignment	Daily Food Plan	5	
4.2	Electronic Assignment	Diet Analysis	20	
4.2	Quiz	Section 4.2 Quiz	20	
<b>Section 4.3 Reproductive Health</b>				
4.3	Multimedia Lesson	<i>Case Study</i>	n/a	
4.3	Multimedia Lesson	<i>Changes in Adolescence</i>	n/a	
4.3	Multimedia Lesson	<i>Abstinence</i>	n/a	
4.3	Multimedia Lesson	<i>Male Reproductive Sys.</i>	n/a	
4.3	Multimedia Lesson	<i>Female Reproductive Sys.</i>	n/a	
4.3	Multimedia Lesson	<i>Miracle of Life</i>	n/a	
4.3	Multimedia Lesson	<i>Contraceptive Methods I</i>	n/a	
4.3	Multimedia Lesson	<i>Contraceptive Methods II</i>	n/a	
4.3	Multimedia Lesson	<i>Section Review</i>	n/a	
4.3	Vocabulary Check	Vocabulary Review	n/a	
4.3	Fieldtrip/Online Links	View Additional Links	n/a	
4.3	Electronic Assignment	Reflection Questions	10	
4.3	Discussion	Best/Worst of Adolescence	5	
4.3	Upload Assignment	Cancerous Headlines	25	
4.3	Quiz	Section 4.3 Quiz	20	
Unit 4	Unit Exam	Unit 4 Exam	50	
<b>Unit 5 Diseases &amp; Drugs</b>				
<b>Section 5.1 Disease Transmission &amp; Prevention</b>				
5.1	Multimedia Lesson	<i>Case Study</i>	n/a	
5.1	Multimedia Lesson	<i>Infectious Diseases</i>	n/a	
5.1	Multimedia Lesson	<i>Immunity</i>	n/a	
5.1	Multimedia Lesson	<i>Obesity</i>	n/a	
5.1	Multimedia Lesson	<i>STDs</i>	n/a	
5.1	Multimedia Lesson	<i>HIV &amp; AIDS</i>	n/a	
5.1	Multimedia Lesson	<i>Section Review</i>	n/a	
5.1	Vocabulary Check	Vocabulary Review	n/a	
5.1	Fieldtrip/Online Links	View Additional Links	n/a	
5.1	Electronic Assignment	Reflection Questions	10	
5.1	Discussion	Health Habits & Disease	5	
5.1	Upload Assignment	"Silent Epidemic" Brochure	25	
5.1	Quiz	Section 5.1 Quiz	20	
<b>Section 5.2 Drugs &amp; Alcohol</b>				
5.2	Multimedia Lesson	<i>Case Study</i>	n/a	
5.2	Multimedia Lesson	<i>Drugs &amp; Alcohol</i>	n/a	

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5.2	Multimedia Lesson	<i>Tobacco Use</i>	n/a	
5.2	Multimedia Lesson	<i>Alcohol</i>	n/a	
5.2	Multimedia Lesson	<i>Types &amp; Effects of Drugs</i>	n/a	
5.2	Multimedia Lesson	<i>Section Review</i>	n/a	
5.2	Vocabulary Check	Vocabulary Review	n/a	
5.2	Fieldtrip/Online Links	View Additional Links	n/a	
5.2	Electronic Assignment	Reflection Questions	10	
5.2	Discussion	Media	5	
5.2	Upload Assignment	Substance Abuse Table	25	
5.2	Quiz	Section 5.2 Quiz	20	
Unit 5	Unit Exam	Unit 5 Exam	50	
<b>Unit 6 Health &amp; Safety</b>				
<b>Section 6.1 Consumer &amp; Environmental Wellness</b>				
6.1	Multimedia Lesson	<i>Case Study</i>	n/a	
6.1	Multimedia Lesson	<i>Consumer Health</i>	n/a	
6.1	Multimedia Lesson	<i>Environmental Wellness</i>	n/a	
6.1	Multimedia Lesson	<i>Section Review</i>	n/a	
6.1	Vocabulary Check	Vocabulary Review	n/a	
6.1	Fieldtrip/Online Links	View Additional Links	n/a	
6.1	Electronic Assignment	Reflection Questions	10	
6.1	Discussion	Health Career	5	
6.1	Upload Assignment	Advertising Technique	25	
6.1	Quiz	Section 6.1 Quiz	20	
<b>Section 6.2 Safety &amp; Injury Prevention</b>				
6.2	Multimedia Lesson	<i>Case Study</i>	n/a	
6.2	Multimedia Lesson	<i>Accidents</i>	n/a	
6.2	Multimedia Lesson	<i>Personal Safety</i>	n/a	
6.2	Multimedia Lesson	<i>First Aid</i>	n/a	
6.2	Multimedia Lesson	<i>CPR</i>	n/a	
6.2	Multimedia Lesson	<i>Section Review</i>	n/a	
6.2	Vocabulary Check	Vocabulary Review	n/a	
6.2	Fieldtrip/Online Links	View Additional Links	n/a	
6.2	Electronic Assignment	Reflection Questions	10	
6.2	Discussion	Internet Safety	5	
6.2	Upload Assignment	Emergency Plan	25	
6.2	Quiz	Section 6.2 Quiz	20	
Unit 6	Unit Exam	Unit 6 Exam	50	
<b>Unit 7 Health Interventions</b>				
<b>Section 7.1 Health Behavior Interventions</b>				
7.1	Multimedia Lesson	<i>Case Study</i>	n/a	
7.1	Multimedia Lesson	<i>Health Interventions</i>	n/a	
7.1	Multimedia Lesson	<i>Cognitive Therapy</i>	n/a	
7.1	Multimedia Lesson	<i>Reinforcement Therapy</i>	n/a	
7.1	Multimedia Lesson	<i>Other Therapies</i>	n/a	
7.1	Multimedia Lesson	<i>Venues &amp; Relapse</i>	n/a	
7.1	Multimedia Lesson	<i>Section Review</i>	n/a	

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7.1	Vocabulary Check	Vocabulary Review	n/a	
7.1	Fieldtrip/Online Links	View Additional Links	n/a	
7.1	Electronic Assignment	Reflection Questions	10	
7.1	Discussion	Reinforcement Therapy	5	
7.1	Upload Assignment	Evaluation of Health Habit	50	
7.1	Quiz	Section 7.1 Quiz	20	
7.1	FINAL EXAM	COMPREHENSIVE FINAL	110	