

BONITA UNIFIED SCHOOL DISTRICT

Virtual Health - Course Outline

Core Health Extended Health is a valuable, skills-based health education course designed for general education secondary students. 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, realistic interactivities, and project-based learning, 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 these units build the skills they need to protect, enhance and promote their own health and the health of others.

This content is based on the National Health Standards (SHAPE), is aligned to state standards and meets the requirements of the California Healthy Youth Act (AB329).

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 Diseases

Lesson 3: Susceptibility, Detection, and Treatment of Disease

Lesson 4: Wrap Up: Disease

NO UNIT 5

UNIT 6 SEXUAL HEALTH

Lesson 1: Reproductive Health and Relationships

Lesson 2: Abstinence and Online Safety

Lesson 3: Recognizing Harmful Relationships

Lesson 4: Safe Sexuality and Pregnancy

Lesson 5: Wrap Up: Sexual Health

FINAL EXAM