

# Course Syllabus

## Units & Tasks

This course is divided into the following units:

- **Unit 1: What is Health?**
- **Unit 2: Mental Health**
- **Unit 3: Social Health**
- **Unit 4: Physical Health**
- **Unit 5: Reproductive Health**
- **Unit 6: Drugs & Safety**

Within each section you will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lessons about the section topic
3. **Field Trip**—links to other online sites with additional fitness information
4. **Discussion\***—class discussion on an assigned topic
5. **Assignment\***—section assignment
6. **Vocab Check**—an practice exercise to test your knowledge of vocabulary
7. **Unit Exam\***—exam covering information from the lessons

The items marked with an \* are those that must be submitted for a grade. There is a comprehensive final exam at the end of the course.

## Assignments and Grading

Each unit of this course is designed to be completed in about one week's time. Please see the detailed schedule for more information on points possible and due dates.

## Materials

There are no required materials for this course.

## Technical Requirements

A PDF reader and a word-processing program are required for this course. It is also recommended that you have either a Flash player or MP4 player. Below you will find links to download free or trial versions of these programs.

- Flash Player, <http://get.adobe.com/flashplayer/>
- Adobe Reader, <http://get.adobe.com/reader/>
- QuickTime MP4 Player, <http://www.apple.com/quicktime/download/>
- Word Processing Programs:
  - Microsoft Word, <http://office.microsoft.com/en-us/try/>
  - Open Office, <http://www.openoffice.org/download/>