



iHealth

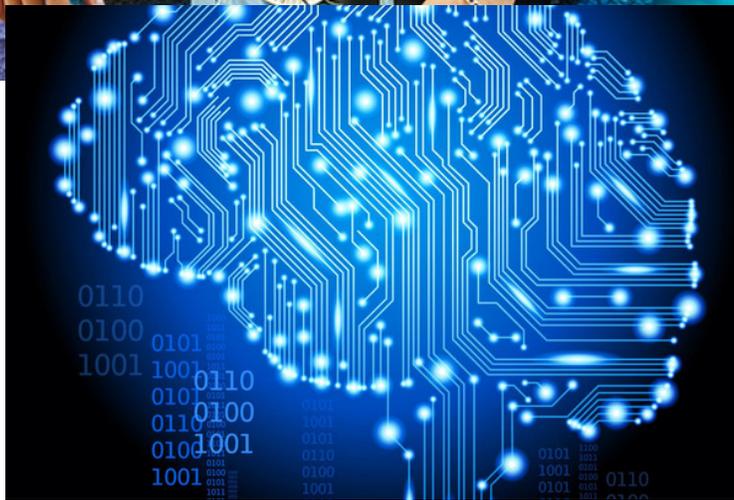
COURSE DESCRIPTION

Units of Study

- 01 Before you Begin
- 02 Making Healthy Decisions
- 03 Your Feelings
- 04 More About Your Feelings
- 05 All in the Family
- 06 My Friends, My Health
- 07 Out of Harm's Way
- 08 Alcohol
- 09 Up in Smoke
- 10 Substances: Legal and Illegal
- 11 Reproduction
- 12 Infectious/Chronic Diseases
- 13 Making Healthy Decisions
- 14 Your Nutrition
- 15 Your Fitness
- 16 In an Emergency
- 17 Your Final



“In order for man to succeed in life, God provided him with two means, education and physical activity. Not separately, one for the soul and the other for the body, but for the two together. With these means, man can attain perfection.”— Plato



IHEALTH

Overview

iHealth is a full set of teaching tools for health education. Lessons, assignments, evaluations, resources, quizzes, and exams enable blended learning so teachers have more in-school class time for 'flipped classroom' activities like project based learning (PBL), small group discussions, community engagement, role-modeling exercises, physical activity, guest lecturers, etc.

The iHealth approach allows students to learn in ways best suited to their needs - on their own time, at their own pace - enabling individualized learning opportunities.

Addresses the Healthy Behavior Outcomes (HBOs) as identified by the CDC via the Health Education Curriculum Analysis Tool (HECAT). This framework offers a consistent analysis of health education curricula based on the National Health Education Standards and CDC's Characteristics of an Effective Health Education Curriculum.

Interactive PE

quick facts

Semester 2



1
**COMPREHENSIVE
CURRICULUM**

More than 140 lessons, assignments, and assessments in 17 units.

2
STANDARDS BASED

Meets all state and national standards.

3
EASY ADOPTION

No investment in technology, training, or support.

4
MAXIMIZE CLASS TIME

Blended learning allows for skills-based education in a flipped classroom environment

5
INDIVIDUALIZED LEARNING

Self-paced, self-directed. Technology accommodates for IEPs. Tools for ENL.

6
PROVEN EFFECTIVENESS

High levels of student adoption and parent support. More than a million lessons completed nationwide.

7
DATA ANALYTICS

Analytics for teacher evaluation artifacts

health literacy

The ability to access, understand, appraise, apply and advocate for health information and services in order to maintain or enhance one's own health and the health of others.

LESSONS

01 Before you Begin

- Pre-course evaluation
- Welcome to iHealth
- What do I need for iHealth?
- What do I need to learn in iHealth?
- How am I graded?
- What is the best way to take iHealth
- What is the iHealth honor code?
- Huddle Up: Your Attentive Brain
- Essay Question: Your Attentive Brain

02 Making Healthy Decisions

- Pre-Unit Evaluation (S)
- What does health really mean?
- Who is in charge of my health?
- How long will I live?
- What does quality of life mean?
- What are the biggest risk factors?
- What are the most significant decisions a person makes?
- How should I make decisions?
- What is a healthy behavior outcome?
- Huddle Up: Your Positive Thinking Brain
- Essay Question: Your Positive Thinking Brain

03 Your Feelings

- Pre-Unit Evaluation
- How does my personality affect my health?
- What causes stress?
- How does stress affect my body?
- What's the best way to deal with stress?
- What is my self-image?
- How do I boost my self-esteem?
- How do I cope with my emotions?
- What are defense mechanisms?
- Huddle Up: Your Compassionate Brain
- Essay Question: Your Compassionate Brain

04 More About Your Feelings

- Pre-Unit Evaluation (PHW)
- How do I express my feelings in a healthy way?
- Are mental disorders real?
- Are there different types of mental disorders?
- How do I deal with setbacks?
- What are the signs of depression?
- What is love?
- What should I do when I get angry?
- Huddle Up: Your Angry Brain
- Essay Question: Your Angry Brain

05 All in the Family

- Are all families alike?
- What causes family stress?
- What can I do to help keep the family healthy?
- How can I reduce family conflict?
- Why can't I make my own rules?
- What's my role in the family?
- How do I deal with divorce?
- Huddle Up: Your Brain's Perspective
- Essay Question: Your Brain's Perspective

06 My Friends, My Health

- Are there different types of friends?
- How do my friends define me?
- What should I look for in a friend?
- How can I be a good friend?
- Why do problems arise in friendships?
- What does a genuine apology look like?
- What's up with cliques?
- Huddle Up: Your Conforming Brain (Peer Influence)
- Essay Question: Your Conforming Brain

07 Out of Harm's Way

- Pre-Unit Evaluations (V)
- How do most fights start?
- Is cyberbullying real?
- Can I avoid violent situations?
- Is hazing ever acceptable?
- Is sexual harassment legal?
- How should I act if I am stopped by an officer of the law?
- What is distracted driving?
- Huddle Up: Your Moral Brain
- Essay Question: Your Moral Brain

08 Alcohol

- Pre-Unit Evaluation (AOD)
- Why do so many people drink alcohol?
- If alcohol is a drug, why is it legal?
- What does alcohol do to my body?
- Are there benefits associated with drinking alcohol?
- Why do I have to be 21 years old to consume alcohol?
- What is BAC and what does it mean?
- What drinking laws do I need to know?
- What factors influence drinking?
- What is binge drinking?
- What is alcoholism?
- What is the cost of drinking?
- Huddle Up: Your Addictive Brain
- Essay Question: Your Addictive Brain

09 Up in Smoke

- Pre-Unit Evaluation (T)
- Why do people start to smoke?
- What does tobacco do to my body?
- Are there benefits to smoking?
- Why are cigarettes legal?
- What about eCigarettes?
- Is smokeless tobacco safe?
- What about secondhand smoke?

iHealth LESSONS

- How much does it cost to be a smoker?
- Is it too late to quit smoking?
- Huddle Up: Your Sleeping Brain
- Essay Question: Your Sleeping Brain

10 Substances: Legal and Illegal

- Why do people take drugs?
- Is there an issue if substances make people feel good?
- What's the difference between legal and illegal substances?
- What substances are free from side effects?
- What are the most commonly abused substances?
- What are the dangers of substance abuse?
- Isn't marijuana legal now?
- What is the cost of a dependency?
- How can I rise above the influence of drugs?
- Huddle Up: Your Risky Brain
- Essay Question: Your Risky Brain

11 Reproduction

- Pre-Unit Evaluations (SH)
- What causes my body to change?
- Am I ready to date?
- Is everyone sexually experienced?
- Is it safe to be sexually intimate?
- Does birth control really work?
- Is abstinence realistic?
- What about self-exams?
- Huddle Up: Your Brain's Gender
- Essay Question: Your Brain's Gender

12 Infectious and Chronic Diseases

- What's the difference between bacteria and viruses?
- How do germs spread?
- What do I need to know about STIs?
- What's the difference between AIDS and HIV?
- Why do some people have allergies and some don't?
- Do I have sitting disease?
- Huddle Up: Your Intuitive Brain
- Essay Question: Your Intuitive Brain

13 Making Healthy Decisions

- How do I set my own health goals?
- How can I be a wise consumer?
- How does media and technology affect health?
- What web sources can I trust?
- What are the signs of personal maturity?
- How often should I see a doctor?
- How much does healthcare cost?
- How do I just say no (yes)?
- Huddle Up: Your Common Sense Brain
- Essay Question: Your Common Sense Brain

14 Your Nutrition

- Pre-Unit Evaluation (HE)
- How many calories do I burn in a day?
- How many calories do I burn when I exercise?
- What is the real scoop on calories?
- How do I make the calories in-calories out connection?
- How do I read the nutrition label?
- What is the best food plan?
- Can I "out-exercise" poor eating?
- What's the real scoop on bread, carbs, and grains?
- What's the skinny on fats?
- Huddle Up: Your Food Brain
- Essay Question: Your Food Brain

15 Your Fitness

- Pre-Unit Evaluation (PA)
- What is physical fitness?
- What is the best activity for overall fitness?
- How often should I exercise?
- What does it mean to be physically healthy?
- What is the secret to fitness?
- How does daily exercise improve my school day?
- Is vigorous exercise necessary?
- Who is in charge of my fitness?
- Huddle Up: Your Logical Brain
- Essay Question: Your Logical Brain

16 In an Emergency

- How should I respond in an emergency?
- What is hands only CPR?
- How do I perform CPR?
- Should I perform CPR on children?
- Huddle Up: Your Imaginative Brain
- Essay Question: Your Imaginative Brain

17 Your Final

- Course evaluation
- Extra Credit: Change the World
- Practice Test
- Final Exam