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Introduction

The Core Health I Course teaches about the human anatomy, human health, prevention and treatment of illnesses and injuries, healthy living practices including hygiene and nutrition, and wellness issues including relationships, conflict resolution, problem solving, and coping skills. The Course has 32 lessons organized in 7 Units and its learning objectives align with health curriculum standards for grades 4 to 9. There are 103 audio-supported instruction pages, 412 interactive lesson screens, 32 interactive activities, 285 lesson assessment questions, and 285 Unit assessment questions. Assessment questions results can be used to manage personalized learning paths and monitor student progress. Completion time is estimated at 30 to 35 hours.

Unit 1: Anatomy

Lesson 1: Digestive System

Learning Objectives

- to learn about the parts of the digestive system
- to learn about how we digest our food

Activity Type

- drag & drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 26

Flash Instruction Screens - 13

Summary Pages – 2

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Kidneys & Bodily Fluids

Learning Objectives

- to learn about the journey of water through the body
- to learn about kidneys

Activity Type

- drag & drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 26

Flash Instruction Screens - 12

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Respiratory System

[Learning Objectives](#)

- to learn about the parts of the respiratory system
- to learn about how we breathe
- to learn how oxygen gets into the blood stream

[Activity Type](#)

- drag and drop

[Teacher Resources](#)

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

[Lesson Components](#)

Total Learning Objects – 28

Flash Instruction Screens - 14

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: Immune System

[Learning Objectives](#)

- to learn about the features of the immune system
- to learn about how the immune system functions
- to learn about the lymphatic system
- to learn about the spleen

[Activity Type](#)

- 10 question quiz

[Teacher Resources](#)

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

[Lesson Components](#)

Total Learning Objects – 34

Flash Instruction Screens - 10

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 5: Hearing

Learning Objectives

- to learn about parts of the ear
- to learn about how we hear

Activity Type

- drag & drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 23

Flash Instruction Screens - 10

Summary Pages - 2

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 2: More Anatomy

Lesson 1: Brain & Nerves

Learning Objectives

- to learn about the parts of the brain
- to learn about how the brain functions
- to learn about the central nervous system
- to learn about the peripheral nervous system

Activity Type

- drag & drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 28

Flash Instruction Screens - 14

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Skeleton

Learning Objectives

- to learn about the skeleton
- to learn the names of bones
- to learn about bone health

Activity Type

- click to place

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 42

Flash Instruction Screens – 25

Summary Pages - 6

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Muscles

Learning Objectives

- to learn about muscles
- to learn the names of muscles

Activity Type

- 10 question quiz

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 48

Flash Instruction Screens – 25

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: The Skin

Learning Objectives

- to learn about features of the skin
- to learn about how the skin functions
- to learn about sweating and body temperature
- to learn about skin color

- to learn about keeping skin healthy

Activity Type

- drag & drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 33

Flash Instruction Screens – 19

Summary Pages – 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 3: Illnesses & Injuries

Lesson 1: Breaks & Fractures

Learning Objectives

- to learn the types of bone fractures
- to learn about treating fractures
- to learn about preventing fractures

Activity Type

- drag & drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 30

Flash Instruction Screens - 15

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Colds & Flu

Learning Objectives

- to learn about cold & flu symptoms
- to learn about treating colds & flu
- to learn about preventing colds & flu

Activity Type

- 10 question quiz

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 36

Flash Instruction Screens – 13

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Sore Ears

Learning Objectives

- to learn about ear infections
- to learn about treating ear infections
- to learn about preventing ear infections

Activity Type

- drag & drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 27

Flash Instruction Screens - 13

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: Tonsillitis

Learning Objectives

- to learn about tonsillitis
- to learn about treating tonsillitis
- to learn about preventing tonsillitis

Activity Type

- drag & drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 20

Flash Instruction Screens – 7

Summary Pages - 2

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 5: Stomach Pains

Learning Objectives

- to learn about causes of stomach pains
- to learn about treating stomach pains

Activity Type

- 10 question quiz

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 34

Flash Instruction Screens – 11

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 6: Headaches

Learning Objectives

- to learn about causes of headaches
- to learn about treating headaches

Activity Type

- 10 question quiz

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 35

Flash Instruction Screens – 11

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 60 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 4: More Health Problems

Lesson 1: High Blood Pressure

Learning Objectives

- to learn about high blood pressure
- to learn about treating high blood pressure
- to learn about preventing high blood pressure

Activity Type

- 10 question quiz

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 30

Flash Instruction Screens - 8

Summary Pages - 2

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Diabetes

Learning Objectives

- to learn about diabetes
- to learn about treating diabetes
- to learn about preventing diabetes

Activity Type

- drag & drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 28

Flash Instruction Screens - 14

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Asthma

Learning Objectives

- to learn about asthma
- to learn about treating asthma
- to learn about preventing asthma

Activity Type

- drag & drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 28

Flash Instruction Screens - 14

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: Epilepsy

Learning Objectives

- to learn about epilepsy
- to learn about treating epilepsy

Activity Type

- 10 question quiz

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 32

Flash Instruction Screens - 9

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 5: Cancer

Learning Objectives

- to learn about causes of cancer
- to learn about treating cancer
- to learn about preventing cancer

Activity Type

- drag & drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 26

Flash Instruction Screens - 12

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 5: Body Health

Lesson 1: Body Hygiene

Learning Objectives

- to learn about the importance of good hygiene
- to learn about good hygiene practices

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 30

Flash Instruction Screens – 11

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Exercise & Fitness

Learning Objectives

- to learn about the importance of exercise and fitness

- to learn about the meaning of body fitness

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 30

Flash Instruction Screens - 13

Summary Pages - 2

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Healthy Eating

Learning Objectives

- to learn about healthy eating
- to learn about the importance of healthy eating
- to learn about the food pyramid

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 29

Flash Instruction Screens - 8

Summary Pages - 6

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: Nutrition Basics

Learning Objectives

- to learn about nutrition
- to learn about nutritious food groups

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 22

Flash Instruction Screens - 5

Summary Pages - 2

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 6: Disease Prevention

Lesson 1: Sun Safety

Learning Objectives

- to learn about sun exposure
- to learn about sun safety

Activity Type

- selection, 2 pages

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 23

Flash Instruction Screens – 9

Summary Pages - 2

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Preventing Infections

Learning Objectives

- to learn about infections
- to learn how to prevent infections

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 30

Flash Instruction Screens - 11

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Immunizations

Learning Objectives

- to learn about immunizations

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 27

Flash Instruction Screens - 9

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: Healthy Teeth

Learning Objectives

- to learn about the importance of healthy teeth
- to learn how to keep teeth healthy

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 29

Flash Instruction Screens - 10

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 7: Healthy Living

Lesson 1: Society & Your Health

Learning Objectives

- to learn how society affects your health

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 34

Flash Instruction Screens – 16

Summary Pages - 3

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: The Environment & Your Health

Learning Objectives

- to learn how the environment affects your health
- to learn how to keep a healthy environment

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 49

Flash Instruction Screens - 30

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Health Information & Services

Learning Objectives

- to learn how to access health information
- to learn about the types of health services

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 26

Flash Instruction Screens - 9

Summary Pages - 2

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: Media Influence & Health

Learning Objectives

- to learn how the media influences health positively
- to learn how the media influences health negatively

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 32

Flash Instruction Screens - 12

Summary Pages - 5

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 40 total questions; 10 total per Lesson of which 3 are randomly selected to populate test