

Odysseyware®

WHS Health

Body Essentials

- Course Overview
- Building Blocks
- Circulatory System and Respiratory System
- Quiz 1: Building Blocks of the Body
- Nervous System and Immune System
- Experiment: Your Adaptive Heart
- Skeletal System, Muscular System, and Integumentary System
- Digestive System and Excretory System
- Endocrine System and Reproductive System
- Quiz 2: Body Systems
- Growth and Development
- Project: Fetal Development
- Childhood Development
- Adolescence
- Adulthood
- Project: Interviewing an Older Person
- Quiz 3: Stages of Development
- Special Project
- TEST
- Glossary and Credits

Physical Health

- Benefits of Proper Nutrition
- Carbohydrates, Fats, and Proteins
- Vitamins and Minerals
- Project: Your Favorite Foods
- Quiz 1: Essentials of Nutrition
- Developing Proper Eating Habits
- Dairy Group and Proteins
- Project: Got Calcium?
- Choosing the Right Foods
- Healthy Eating Habits
- Quiz 2: Eating the Right Foods
- Exercise and Physical Fitness
- Project: Heart Rate
- Muscular Endurance and Strength
- Exercise Program
- Project: How Fit Are You?
- Quiz 3: Exercise and Physical Fitness

Special Project

TEST

Glossary and Credits

Social and Mental Health

Mental and Emotional Health

Social Health

Project: Physical Activity and Emotional Health

Quiz 1: Mental, Social, and Emotional Health

Learning and Making Choices

Friends

Family

Quiz 2: Social Interaction

Personal Hygiene

Teeth and Mouth

Eyes and Ears

Project: Hygiene Habits

Quiz 3: Personal Hygiene

Special Project

TEST

Glossary and Credits

Preventative Health Care and First Aid

Safety

Home Safety

Home Safety II

Home Safety III

Project: Home Safety

Quiz 1: Home Safety Issues

Safety Guidelines

Personal Safety

Essay: Moving Violations

Water Safety

Weather Safety

Quiz 2: Personal Safety and the Environment

First Aid

Project: First Aid Kit

Evaluating the Scene

Wounds and Bleeding

Burns and Other Emergencies

Project: Making a Splint

Extreme Temperature

Quiz 3: First Aid

Special Project

TEST

Glossary and Credits

Responsible Living

Disease and Prevention

Infectious Disease

Project: Your Shots

Non-Infectious Diseases

Project: Major Diseases

Health Care

Project: Visit the Sick

Quiz 1: Diseases and Health Care

Sexually Transmitted Diseases and Pregnancy

Drug Use and Abuse

Drug Use and Abuse 2

Alcohol

Report: Teenage Drunk Driving

Tobacco

Report: Smoking, A Wise Choice?

Quiz 2: STD's, Pregnancy, and Substance Abuse

Health and the Environment

Project: Air Pollution

Water and Soil

Quiz 3: Pollution and the Environment

Special Project