

## Learn4Life South Carolina Health Curriculum Options and Sources

Title	Publisher
<b>L4L Contemporary Health (Health)</b>	<b>Edmentum</b>
<i>Course Syllabus Attached</i>	
<b>L4L Health and Physical Fitness (Personal Fitness)</b>	<b>Edmentum</b>
<i>Course Syllabus Attached</i>	
<b>Personal Health and Wellness</b>	<b>Lifelong Learning</b>
<i>Resources (Links Attached)</i>	
<ul style="list-style-type: none"> <li>• Office of Disease Prevention and Health Promotion</li> <li>• National Institute of Diabetes and Digestive and Kidney Diseases</li> <li>• YouTube – Faculty Workshop</li> <li>• YouTube – Business Productivity</li> <li>• WebMD</li> <li>• US Department of Homeland Security</li> <li>• Centers for Disease Control and Prevention</li> <li>• YouTube – Watch Well Cast</li> <li>• Thomson Reuters</li> <li>• National Center for Complementary and Integrative Health</li> <li>• Child and Adolescent Psychiatric Clinics of North America</li> <li>• Substance Abuse and Mental Health Services Administration</li> <li>• National Library of Medicine</li> <li>• American Addiction Centers</li> <li>• National Mental Health Association</li> <li>• Health Resources &amp; Services Administration</li> </ul>	
<b>Family and Community Health</b>	<b>Lifelong Learning</b>
<i>Resources (Attached)</i>	

## Health

### Course Overview

Everyone needs to take care of their body, but we aren't necessarily born with the knowledge of how to go about it. It's important to invest time and energy into understanding what it means to be healthy. There are many activities you can engage in which are dangerous for your long-term health, so you need to know how to identify and avoid these activities. It's also important to identify lifestyles which will lead to a longer, more enjoyable life. This course will guide you through lifestyle choices you will make which will ultimately impact your life in meaningful ways.

### Course Goals

By the end of this course, you will be able to do the following:

- Identify characteristics of a healthy diet.
- Describe the relationship between dietary guidelines, foods, and serving sizes.
- Identify the relationship between nutrition and chronic disease.
- Describe the benefits of physical activity.
- Explain the relationship between a sedentary lifestyle and chronic diseases.
- Develop strategies for preventing disease and injury.
- Evaluate the effect that peer pressure has on teenagers.
- Evaluate the physical, emotional, and social benefits of health sexual practices, including abstinence.
- Analyze the harmful effects of using dietary supplements and steroids.
- Describe the benefits of medicines and the risks involved in the misuse of them.
- Identify types of mental and emotional health issues.

### General Skills

To participate in this course, you should be able to do the following:

- Complete basic operations with word processing software, such as Microsoft Word or Google Docs.
- Understand the basics of spreadsheet software, such as Microsoft Excel or Google Spreadsheets, but having prior computing experience is not necessary.
- Perform online research using various search engines and library databases.
- Communicate through email and participate in discussion boards.

For a complete list of general skills that are required for participation in online courses, refer to the Prerequisites section of the Plato Student Orientation document, found at the beginning of this course.

## Credit Value

Health is a 0.5-credit course.

## Course Materials

- Notebook
- Computer with Internet connection and speakers or headphones
- Microsoft Word or equivalent
- Microsoft Excel or equivalent

## Course Pacing Guide

This course description and pacing guide is intended to help you keep on schedule with your work. Note that your course instructor may modify the schedule to meet the specific needs of your class.

## Unit 1: Personal Health, Nutrition, and Fitness

### Summary

In this unit, you will learn about the important role that you play in maintaining your health. You will understand how diet and exercise and the choices that you make have a significant impact on your health and well-being.

Day	Activity / Objective	Type
1 day: 1	<b>Syllabus and Student Orientation</b> <i>Review the Student Orientation and Course Syllabus at the beginning of this course.</i>	Course Orientation
3 days: 2–4	<b>Your Lifestyle and Your Health</b> <i>Characterize behaviors and lifestyle choices that enhance or hinder your health.</i>	Tutorial
2 days: 5–6	<b>Your Role in Maintaining Your Health</b> <i>Describe your personal role in maintaining health throughout your life.</i>	Tutorial
3 days: 7–9	<b>Guidelines for a Healthy Diet</b> <i>Identify characteristics of the MyPlate Food Guidance System.</i>	Tutorial

<b>Day</b>	<b>Activity / Objective</b>	<b>Type</b>
3 days: 10–12	<b>Dietary Guidelines and Nutritional Facts</b> <i>Describe the relationship between dietary guidelines, food groups, nutrients, and serving sizes, and interpret nutrition facts labels.</i>	Tutorial
2 days: 13–14	<b>Nutrition and Chronic Diseases</b> <i>Identify the relationship between nutrition and chronic diseases such as heart disease, obesity, cancer, diabetes, hypertension, and osteoporosis.</i>	Tutorial
2 days: 15–16	<b>Individual Caloric and Nutritional Needs</b> <i>Compare and contrast caloric and nutritional needs for people of different genders, activity levels, and stages of life, and describe the effects of too many or too few calories in a diet.</i>	Tutorial
2 days: 17–18	<b>Benefits of Physical Activity</b> <i>Describe the benefits of physical activity, including strength, endurance, and flexibility exercises.</i>	Tutorial
2 days: 19–20	<b>Sedentary Lifestyle and Chronic Diseases</b> <i>Explain the relationship between a sedentary lifestyle and chronic diseases such as high cholesterol, high blood pressure, cardiovascular disease, and type 2 diabetes.</i>	Tutorial
1 day: 21	<b>Posttest—Unit 1</b>	Assessment

## Unit 2: Preventing Disease and Injury

### Summary

In this unit, you will learn about homeostasis. You'll identify various diseases that affect different body systems. You'll learn how the immune system functions. You will learn how to minimize accidents and illnesses which can threaten your health in a variety of situations. You will also learn what to do in an emergency and how to treat certain diseases should you become sick.

<b>Day</b>	<b>Activity / Objective</b>	<b>Type</b>
5 days: 22–26	<b>Immunity and Preventing</b> <i>Discuss the pathophysiology of disease and the immune response.</i>	Tutorial
3 days: 27–29	<b>Lifesaving and Emergency Care Procedures</b> <i>Describe procedures for emergency care and lifesaving.</i>	Tutorial
3 days: 30–32	<b>Strategies for Preventing Accidents</b> <i>Develop a list of accident-prevention strategies for a variety of circumstances, including sports, social events, and motor vehicle-related situations.</i>	Tutorial

Day	Activity / Objective	Type
1 day: 33	<b>Posttest—Unit 2</b>	Assessment

## Unit 3: Growth, Development, and Sexuality

### Summary

In this unit, you will learn about human reproduction, growth, and the importance of safe sexual practices which contribute to your physical, emotional, and social well-being. You'll also study some family planning strategies.

Day	Activity / Objective	Type
3 days: 34–36	<b>Human Reproduction and Development</b> <i>Describe the structure, functions, and disorders of the male and female reproductive systems.</i>	Tutorial
3 days: 37–39	<b>Benefits of Healthy Sexual Practices</b> <i>Evaluate the physical, emotional, and social benefits of healthy sexual practices, including abstinence.</i>	Tutorial
3 days: 40–42	<b>Peer Pressure and Sexual Activity</b> <i>Evaluate the effect that peer pressure has on teenagers with regard to sexual activity.</i>	Tutorial
3 days: 43–45	<b>Family Planning Strategies</b> <i>Describe and evaluate family planning strategies.</i>	Tutorial
1 day: 46	<b>Sexual Mistreatment</b> <i>Summarize situations and behaviors that constitute sexual mistreatment, grooming, harassment, abuse, assault, exploitation, and tracking. Demonstrate ways in which a positive bystander could respond to a situation when they or someone else is being sexually mistreated, groomed, harassed, abused, assaulted, and/or exploited. Explain why a person who has been sexually mistreated, groomed, harassed, abused, assaulted, or exploited is not at fault. Explain federal and state laws that prohibit the creation, sharing, and viewing of sexually explicit media that includes minors.</i>	Course Activity
1 day: 47	<b>Posttest—Unit 3</b>	Assessment

## Unit 4: Substance Abuse

### Summary

In this unit, you will study the negative effects that alcohol, tobacco, and other drugs have on your health. You will differentiate between the benefits of medicine and the risks involved in the abuse of legal and illegal drugs. You'll also learn ways to cope with peer pressure and where to go for help with substance abuse.

Day	Activity / Objective	Type
2 days: 48–49	<b>Health Effects of Using Alcohol, Tobacco, and Other Drugs</b> <i>Explain the impact of alcohol, tobacco, and other drug use on one's behavior, brain chemistry, and ability to function.</i>	Tutorial
2 days: 50–51	<b>Harmful Effects of Dietary Supplements and Anabolic Steroids</b> <i>Analyze the harmful effects of using dietary supplements and anabolic steroids.</i>	Tutorial
3 days: 52–54	<b>Effects of Medicines and Illegal Substances</b> <i>Describe the benefits of medicines and the risks involved in the misuse and abuse of legal and illegal drugs.</i>	Tutorial
3 days: 55–57	<b>Peer Pressure and Substance Abuse</b> <i>Evaluate the effect that peer pressure has on teenagers with regard to substance abuse.</i>	Tutorial
2 days: 58–59	<b>Sources of Help for Substance Abuse</b> <i>Identify sources of help for substance abuse.</i>	Tutorial
1 day: 60	<b>Posttest—Unit 4</b>	Assessment

## Unit 5: Mental Health and Community Health Issues

### Summary

In this unit, you will learn how to identify mental and emotional health issues, such as stress and depression, and how you can cope with them. You will also understand your role as a consumer of healthcare products and services in your community. Finally, you'll see ways that the environment influences the health of individuals and society.

Day	Activity / Objective	Type
2 days: 61–62	<b>Stress and Health</b> <i>Weigh the importance of managing stress to maintain health.</i>	Tutorial
2 days: 63–64	<b>Depression</b> <i>Outline the definition, causes, and management of depression.</i>	Tutorial

<b>Day</b>	<b>Activity / Objective</b>	<b>Type</b>
2 days: 65–66	<b>Mental and Emotional Health Issues</b> <i>Identify types of mental and emotional health issues.</i>	Tutorial
2 days: 67–68	<b>Maintaining Your Mental and Emotional Health</b> <i>Identify sources of help for mental and emotional health issues, and construct strategies for attaining and maintaining mental and emotional health.</i>	Tutorial
2 days: 69–70	<b>Strategies for Effective Communication</b> <i>Learn how to build and maintain healthy relationships through communication.</i>	Tutorial
2 days: 71–72	<b>Public Health Policies</b> <i>Explore how to research, evaluate, and advocate for public health policies that influence good health and disease prevention.</i>	Tutorial
3 days: 73–75	<b>Judging the Validity of Health Products and Services</b> <i>Critique the validity of products and services that claim to enhance health.</i>	Tutorial
3 days: 76–78	<b>Healthcare Services</b> <i>Learn about features of the healthcare system and how to access health services in your community.</i>	Tutorial
3 days: 79–81	<b>Influences of the Environment on Health</b> <i>Assess ways in which the environment influences the health of individuals and the community.</i>	Tutorial
1 day: 82	<b>Posttest—Unit 5</b>	Assessment

## Health Course Project

### Summary

In this course project, you will take an active role in understanding and minimizing the impact that stress has on your physical, mental, and emotional well-being.

<b>Day</b>	<b>Activity / Objective</b>	<b>Type</b>
5 days: 83–87	<b>Course Project: Stress and Health</b> <i>Weigh the importance of managing stress to maintain health.</i>	Course Activity
1 day: 88	<b>Semester Review</b>	
2 days: 89–90	<b>End-of-Semester Test</b>	Assessment

## Course Map

You will achieve course level objectives by completing each lesson's instruction, assignments, and assessments. For a detailed look at how the materials meet these objectives, [review the course map](#).



# Course Syllabus

## What you will learn in this course

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### **PERSONAL FITNESS**

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What does being fit really mean? Is it just based on physical appearance or is it something deeper? In life, we strive to be healthy and make sensible choices, but it's difficult to always know exactly how this can be achieved. It's not only about losing weight or lifting a heavy barbell; being physically fit entails a wealth of knowledge about body functions, environment, safety, diet, goals, and strategies for longevity. As with any realm of study, understanding real fitness requires seeing beyond the predictable into what makes us tick as physical beings and how we can increase our strength, endurance, and flexibility. Human beings, both body and mind, are complex and highly sensitive organisms that need the right kind of attention to physically excel and feel great in the process. Being fit is about living life to the fullest and making the most of what you have – yourself! Let's explore the world of healthy living and see how real fitness can be achieved through intention, effort, and just the right amount of knowledge.

## Unit 1: What Is Fitness?

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What does being fit really mean? Is it just based on physical appearance, or is it something deeper? In life, we strive to be healthy and make sensible choices, but it's difficult to know exactly what that means. It's not only about losing weight or lifting a heavy barbell; being physically fit entails a wealth of knowledge about our bodily functions, environment, safety, diet, goals, and strategies for longevity. Human beings are complex and highly sensitive organisms that need the right kind of attention to physically excel. Being fit is about living life to the fullest and making the most of what you have: yourself! Let's explore the world of healthy living and see how real fitness can be achieved through intention, effort, and just the right amount of knowledge.

### What will you learn in this unit?

- Describe the five fitness zones and how they work together to create your personal fitness.
- Take your resting heart rate.
- Differentiate between aerobic and anaerobic activities.
- List the benefits of fitness and how health and environment are related.

<b>UNIT 1 Assignments</b>	
<b>Assignment</b>	<b>Type</b>
Unit 1 Critical Thinking Questions	Homework
Unit 1 Lab	Homework
Unit 1 Activity	Homework
Unit 1 Discussion 1	Discussion
Unit 1 Discussion 2	Discussion
Unit 1 Quiz	Quiz

## Unit 2: The Body Is a Machine

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How do people do it? In this time of longer workdays and shorter meals, how do people stay fit? Staying healthy isn't magic; it's a real, methodical process that anyone, with the right amount of commitment, discipline, and know-how, can use to improve their life overall. That said, the study of personal fitness is still considered a physical science, and while it may not use test tubes and microscopes, it does demand a certain level of knowledge. The human body has many

functions and systems which work together to keep it running smoothly. Understanding these systems is the key to better understanding both your physical and mental self.

## What will you learn in this unit?

- Identify the physiological effects of exercise.
- Recognize how technical movements and body alignment affect overall health.
- Apply Newton's laws of motion to fitness.
- Determine ways to handle stress through fitness.

<b>UNIT 2 Assignments</b>	
<b>Assignment</b>	<b>Type</b>
Unit 2 Critical Thinking Questions	Homework
Unit 2 Lab	Homework
Unit 2 Activity	Homework
Unit 2 Discussion 1	Discussion
Unit 2 Discussion 2	Discussion
Unit 2 Quiz	Quiz

## Unit 3: The Science of Exercise

When most people think about exercise, they likely visualize themselves sporting some colorful gym shoes and rocking out to their favorite Spotify mix. But the more you learn about personal fitness, the more you will begin to see how it is related to a vast network of science that seeks to unlock the secrets of strength, stamina, and energy within the body. The human form is more than just a collection of bones, skin, and muscle—it is a living matrix of energetic pathways that connect the entire body to itself. Keeping fit is a lot more involved than just hitting the gym a few times a week; it requires specific knowledge about the intricacies of the body as a whole. Are you ready for a glimpse into the miracle that is your body?

## What will you learn in this unit?

- Explain how different muscles work and how they relate to fitness.
- Understand how body physiology affects chemicals in the body.

- Identify the key underpinnings of various body systems.
- Consider accommodations that can be made to fitness plans to meet different physiological needs.

<b>UNIT 3 Assignments</b>	
<b>Assignment</b>	<b>Type</b>
Unit 3 Critical Thinking Questions	Homework
Unit 3 Lab	Homework
Unit 3 Activity 1	Homework
Unit 3 Activity 2	Homework
Unit 3 Discussion 1	Discussion
Unit 3 Discussion 2	Discussion
Unit 3 Quiz	Quiz

## **Unit 4: Mind Your Own Fitness**

The word *fitness* only conveys so much—you are physically capable and healthy—but when you have total *fitness*, that is a different story. Then, the mind supports the efforts of the body and vice versa. Achieving fitness is a personal journey, one that will require a deep level of self-acceptance and a willingness to push yourself to new limits. Designing your own unique fitness program while cultivating the right mindset for success is the winning combination to finding total fitness in your own life. When the mind and body work together, nothing can stop you!

### **What will you learn in this unit?**

- Identify ways to assess one’s personal fitness levels.
- Understand the role of individual responsibility in enhancing overall health.
- Identify ways to set and achieve personal fitness goals.
- Make changes in your own wellness plan as the process evolves.

## **UNIT 4 Assignments**

Assignment	Type
Unit 4 Critical Thinking Questions	Homework
Unit 4 Lab	Homework
Unit 4 Activity	Homework
Unit 4 Discussion 1	Discussion
Unit 4 Discussion 2	Discussion
Unit 4 Quiz	Quiz

## Personal Fitness Midterm Exam

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- Review information acquired and mastered from this course up to this point.
- Take a course exam based on material from the first four units in this course (Note: You will be able to open this exam only one time.)

<b>MIDTERM</b> Assignments	
Assignment	Type
Midterm Exam	Exam
Midterm Discussion	Discussion

## Unit 5: Cultivating Your Own Fitness

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Why did you sign up for this course on personal fitness? Perhaps you want to look better. Maybe you are tired of feeling tired. Or maybe the exercises you've been doing just don't seem to be working. Regardless of your reasoning, the right way to meet your individual needs is out there—you just need to realize how to find it. Everyone's fitness experience is unique, so take a moment to sit back and think about yours. Identifying *why* you want to be fit is key to understanding *how* to motivate yourself to stick with your fitness program, especially when things get tough. And now that you have taken that all-important first step, you just need the resolve and motivation to reach your goal.

## What will you learn in this unit?

- Recognize key aspects of motivation and how it can be cultivated.
- Understand the importance of both physical and mental self-evaluation.
- Identify ways to cope with setbacks in your fitness program.
- Determine methods for dealing with injuries.

<b>UNIT 5 Assignments</b>	
<b>Assignment</b>	<b>Type</b>
Unit 5 Critical Thinking Questions	Homework
Unit 5 Lab	Homework
Unit 5 Activity	Homework
Unit 5 Discussion 1	Discussion
Unit 5 Discussion 2	Discussion
Unit 5 Quiz	Quiz

## Unit 6: Nutrition and Energy

Do you ever feel confused when deciding what to eat? Calories, fat, carbohydrates—what does it all mean? Food has a direct effect on how we feel physically and emotionally. Understanding how nutrition benefits your body will provide the tools you need to reach any fitness goal and find strength and well-being in everything you do. Even though it may sound corny, you are what you eat, so take control and decide what you want to be!

## What will you learn in this unit?

- Recognize practices and behaviors that lead to improved fitness and health.
- Understand methods used to reduce health risks.
- Evaluate how food choices relate to overall fitness, health, and energy.
- Identify how certain lifestyle choices regarding nutrition relate to longevity and health.

## UNIT 6 Assignments

Assignment	Type
Unit 6 Critical Thinking Questions	Homework
Unit 6 Lab	Homework
Unit 6 Activity	Homework
Unit 6 Discussion 1	Discussion
Unit 6 Discussion 2	Discussion
Unit 6 Quiz	Quiz

## Unit 7: Body Image

What do you see when you look in the mirror? Do you see the beauty that is really there? Or do you see a disappointing collection of all the things you don't have? Maybe it's a little bit of both. Sometimes understanding the difference between what is real and imagined is difficult and can lead to negative or confusing feelings about your body. How you see yourself physically can become a preoccupation when pursuing fitness, so it's important to understand how body image is affected by outside influences, and, more importantly, how a positive self-perception can foster a healthy and productive life.

### What will you learn in this unit?

- Identify the outside influencers of personal health and body image.
- Explain how cultural background can influence body image expectations.
- Describe how alcohol consumption can impact fitness and health.
- Recognize healthy strategies for losing weight and maintaining health.

<b>UNIT 7 Assignments</b>	
Assignment	Type
Unit 7 Critical Thinking Questions	Homework
Unit 7 Lab	Homework
Unit 7 Activity	Homework
Unit 7 Discussion 1	Discussion

Unit 7 Discussion 2	Discussion
Unit 7 Quiz	Quiz

## Unit 8: Training for Life

Pushing yourself to do things that enhance your well-being doesn't always feel attractive or fun—sometimes it's just a lot of hard work. So, remembering the benefits of a healthy lifestyle can really propel you forward during times of doubt or lethargy. Fitness is a *life* pursuit. And the rewards will alter your world in many wonderful new ways, offering both longevity and clarity. Make a plan, stick to it, and discover what your body can really do!

### What will you learn in this unit?

- Recognize effective fitness training and conditioning practices.
- Understand the importance of sportsmanship and personal acceptance.
- Appreciate how regular training affects skills and overall performance in various physical activities.
- Identify risks and safety concerns related to lifelong activity.

<b>UNIT 8 Assignments</b>	
<b>Assignment</b>	<b>Type</b>
Unit 8 Critical Thinking Questions	Homework
Unit 8 Lab	Homework
Unit 8 Activity	Homework
Unit 8 Discussion 1	Discussion
Unit 8 Discussion 2	Discussion
Unit 8 Quiz	Quiz

## Personal Fitness Final Exam

- Review information acquired and mastered from this course up to this point.
- Take a course exam based on material from units five to eight in this course – the last four units. (Note: You will be able to open this exam only one time.)



<b>FINAL Assignments</b>	
<b>Assignment</b>	<b>Type</b>
Final Exam	Exam
Final Exam Discussion	Discussion

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## SC Personal Health & Wellness

LEP	Part	Item Title	Original Link
LEP 1	Part 2	Dietary Guidelines	<a href="https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/executive-summary/#callout-terms">https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/executive-summary/#callout-terms</a>
	Part 4	Google Docs Tutorial Access	<a href="https://www.youtube.com/watch?v=3DePdAvEdas">https://www.youtube.com/watch?v=3DePdAvEdas</a>
	Part 4	Microsoft Word Tutorial	<a href="https://www.youtube.com/watch?v=I88I5s8FrSs#action=share">https://www.youtube.com/watch?v=I88I5s8FrSs#action=share</a>
LEP 2	Part 2	Personal Relationships	<a href="https://www.webmd.com/sex-relationships/signs-emotionally-abusive-relationship">https://www.webmd.com/sex-relationships/signs-emotionally-abusive-relationship</a>
	Part 2	Diasters and Emergencies	<a href="https://www.ready.gov/be-informed">https://www.ready.gov/be-informed</a>
	Part 2	Teen Driving Safety	<a href="https://www.cdc.gov/motorvehiclesafety/teen_drivers/teendrivers_factsheet.html">https://www.cdc.gov/motorvehiclesafety/teen_drivers/teendrivers_factsheet.html</a>
	Part 3	Build an Emergency Kit	<a href="https://www.ready.gov/kids/family-emergency-planning/build-a-kit">https://www.ready.gov/kids/family-emergency-planning/build-a-kit</a>
LEP 3	Part 2	Alcohol Use & Your Health	<a href="https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm">https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm</a>
	Part 2	Legal Consequences of Alcoholism	<a href="https://americanaddictioncenters.org/alcoholism-treatment/legal-consequences">https://americanaddictioncenters.org/alcoholism-treatment/legal-consequences</a>
	Part 2	Health Effects of Cigarette Smoking	<a href="https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm">https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm</a>
	Part 2	California Drug Laws	<a href="https://statelaws.findlaw.com/california-law/california-drug-possession-laws.html">https://statelaws.findlaw.com/california-law/california-drug-possession-laws.html</a>
	Part 2	Marijuana & Health	<a href="https://nccih.nih.gov/health/marijuana-cannabinoids">https://nccih.nih.gov/health/marijuana-cannabinoids</a>
	Part 3	Formal Letter Template	<a href="https://formalletter.net/2017/04/17/formal-letter-to-principal-from-student-example/">https://formalletter.net/2017/04/17/formal-letter-to-principal-from-student-example/</a>
	Part 4	Substance Abuse and Mental Health Services	<a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>
	Performance Task	Select a Treatment Center	<a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a>
	Performance Task	Created Your Advertisement	<a href="https://www.bannersnack.com/advertisement-maker.html">https://www.bannersnack.com/advertisement-maker.html</a>
LEP 4	No links in this LEP		
LEP 5	Part 2	Law and Health Policy	<a href="https://www.healthypeople.gov/2020/law-and-health-policy">https://www.healthypeople.gov/2020/law-and-health-policy</a>
	Part 4	Breast and Cervical Cancer Early Detection	<a href="https://www.cdc.gov/cancer/nbccedp/index.htm">https://www.cdc.gov/cancer/nbccedp/index.htm</a>
	Part 4	Cholesterol	<a href="https://www.cdc.gov/cholesterol/index.htm">https://www.cdc.gov/cholesterol/index.htm</a>
	Part 4	Colorectal Cancer Screening	<a href="https://www.cdc.gov/cancer/colorectal/basic_info/screening">https://www.cdc.gov/cancer/colorectal/basic_info/screening</a>
	Part 4	High Blood Pressure	<a href="https://www.cdc.gov/bloodpressure/index.htm">https://www.cdc.gov/bloodpressure/index.htm</a>
	Part 4	Immunization Schedules	<a href="https://www.cdc.gov/vaccines/schedules/index.html">https://www.cdc.gov/vaccines/schedules/index.html</a>
	Part 4	Oral Health for Adults	<a href="https://www.cdc.gov/OralHealth/children_adults/adults.htm">https://www.cdc.gov/OralHealth/children_adults/adults.htm</a>
	Part 4	Prostate Cancer Screening	<a href="https://www.cdc.gov/cancer/prostate/basic_info/screening.htm">https://www.cdc.gov/cancer/prostate/basic_info/screening.htm</a>
	Part 4	Skin Cancer: Basic Information	<a href="https://www.cdc.gov/cancer/skin/basic_info">https://www.cdc.gov/cancer/skin/basic_info</a>
	Part 4	Find a Health Center	<a href="https://findahealthcenter.hrsa.gov/">https://findahealthcenter.hrsa.gov/</a>



# Family and Community Health

## References and Resources

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