

Online Health Session One Pacing Guide

PURPOSE

To help support all our online students, we provide you with a calendar per each unit of study. The calendar contains two important sets of dates.

1. The date all assignments are due per unit.
2. A set of suggested pacing dates you may use as a guide to proactively manage your time and submit quality work in a timely fashion.

Please note, the pacing dates are optional to follow. The summer environment moves fast. If you fall behind, it can be difficult to catch-up because your course only lasts for 23 calendar days. If you are someone who tends to procrastinate, you might find the pacing guides valuable because they offer a recommended schedule for you to follow.

The Health course has six units of study plus the final exam. Below you will find a link to the calendar per unit. We hope the calendars will help you. We encourage you to print out or reference the calendars as you progress through your course.

Remember, you are welcome to work ahead in your course including finishing the class early. However, your course does have late work policies. If you fall behind, it will be harder to have a successful learning experience. Please use the calendar to your advantage including working ahead of schedule when your future responsibilities prevent you from submitting work on the actual due date.

[Module 1: Wellness](#)

[Module 2: Mental and Emotional](#)

[Module 3: Nutrition](#)

[Module 4: Lifecycle](#)

[Module 5: Disease](#)

[Module 6: ATOD](#)