

Be a Force for Health.
Empower students to learn, live, and share healthy choices
with this easy-to-use online health curriculum.



StudentHealthForce®

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Flexibility

Student Health Force online health curriculum is designed to fit easily into any educational setting. It is effective for in-school or after-school enrichment, peer mentoring, alternative programs, and service learning projects for middle to high school students. Each curriculum unit features multiple lessons that can be used individually to support existing curriculum. Students are able to start and finish the series of lessons at different points, advance at their own pace, and return for review as needed.

Project-based Learning

Aligned with national education health standards, Student Health Force presents motivating curriculum in three blocks: Learn it! (knowledge), Live it! (application), and Share it! (advocacy). Students work through topics such as nutrition, fitness, tobacco-use prevention, health literacy, and chain of survival. With this type of active and engaging learning, students can gain a deeper understanding of the concepts provided.

Personalized Student Achievement

Student Health Force allows each student to learn in their own way at their own pace. The multimedia and interactive lessons promote health-related vocabulary development, life skills, reading and listening practice. Printable worksheets are available for reinforcement. Reporting tools track student progress and pre- and post-test scores.



Blended Learning

Project-based Learning

Personalized Online Learning

Credit Recovery

Health Promotion

Professional Development

Parent & Community Involvement

Get started today!

To order, call 800-221-5185

and visit flaghouse.com.

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Using StudentHealthForce.com — You will login to your personalized homepage that serves as a dashboard for your courses, agenda, and progress reporting tools. From there you can easily navigate to each course. Courses contain multiple lessons with overviews, lesson plans, related worksheets and resources, as well as pre and post assessments.

Personalized Homepage

Powered by InnerLink

Personal Wellness Tracker

My courses

My Progress

Logout

Student Progress Tracker

Role-based Login/out

Student Health Force

21st Century Skills

Student Health Force - Chain of Survival

Student Health Force - Fitness

Student Health Force - K - 6 Lessons

Student Health Force - Nutrition

Student Health Force - Tobacco Use Prevention

Student Health Force Courses

Customizable Profile & Agenda Tools

MENU

Main navigation

Portal Homepage

My profile

My agenda

Learn it!

My Courses & Progress Reports Tabs

Student Health Force - Nutrition - 8 - MyPlate

Pre & Post Assessments

Lesson Menu

Navigate through

Learn it!

Live it!

Share it!

Lesson Progress Tools

Dietary Guidelines for Americans 2010

MyPlate Introduction

Course Tools

Facilitator Reporting Tools

Student View

Wellness Tracker

Student Health Force - Nutrition

Student HealthForce® Nutrition

This learning laboratory is focused on improving the long-term health of young people through healthy food choices.

Learn it! Live it! Share it!

Lesson Plans, Worksheets, & Resources

Related Links & Course Description

Course Description

2 - Carbohydrates

4 - Fats

6 - Minerals

8 - MyPlate

10 - Nutrition Myths

Share it!

Student Health Force posters

Documents

Links

1 - Introduction to Nutrition

3 - Proteins

5 - Vitamins

7 - Water

9 - Digestive System

Live it!

Standards-aligned Lesson Series

Interaction

Agenda

Forums

Users

Chat

Announcements

Dropbox

Groups

Assignments

Facilitator Course Management Tools

Administration

Blogs management

Course settings

Course Maintenance

Reporting

Surveys

Live it!

Applied Learning Health eTracker, Games, & Activities

Table of Contents

5 Steps

Track your physical activity, to begin intake for four weeks. Enter a check in...

Start Date:

1 or more hours of physical activity

2 or less hours of screen time

3 meals a day

(Add an "1" on the days you focused on nutrient-dense foods... so junk food days.)

Developing a Personal Nutrition Plan

Your challenge is to create an individualized nutrition plan to promote life-long wellness.

Nutrition is the science that deals with food composition and turning food into fuel for the body.

Share it!

Project-based Learning Downloadable Poster Series, Advocacy Activities, & More

WATER FIVE A DAY

LEARN IT! LIVE IT! SHARE IT!

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FlagHouse offers a variety of exciting add-ons that help motivate and encourage students as they work through the online curriculum. These accessories are not required, but are referenced in the program and serve as additional tools to help reinforce healthy activity. Visit FlagHouse.com today to order or learn more about any of the items below.



Item 18312
Polar® Activity Tracker

Unit uses built-in accelerometer to measure daily activity, 24/7! An animated figure indicates activity level and activity bar displays target and achieved time in MVPA zones. Stores activity data for up to 2 weeks. Counts steps, calories, and time spent in each activity zone.



Item 15481
Quick-Fit® for Kids

This exercise set includes 30 resistance toners, workout CD-ROM and manual.



Item 1034
Roaring Rapids Challenge

This balance and movement activity includes 72 plastic domes.



Item 7724
Group Walkers

Participants work together to lift and "walk" with the platforms.



Item 15546
Aerobo-Circuit Spots

Aerobic exercises printed right on the spots!

Get started today!

To order, call 800-221-5185

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StudentHealthForce®

Engage your students with interactive courses and activities. Manage flexible and effective health education programs. Track and report students' progress. Turn learning into leadership.

- What is the curriculum's target age?** Middle and high school students
- What is provided?**
- Five curriculum units providing more than 40 lessons: Nutrition, Fitness, Tobacco Use Prevention, Health Literacy, and Chain of Survival
 - Education Standards and Outcome Goals
 - Detailed Lesson Plans, Handouts, and Resources
 - Facilitator Reporting Tools
 - Knowledge Assessments
 - Activities, Games, and Personal Wellness Tracker
- How can I use the curriculum?** Integrate the lessons as units on nutrition, tobacco use prevention, fitness, etc. Teach as a whole-class lesson. Assign as units in a computer lab or for homework. Use as enrichment curriculum in any subject. Assign for credit recovery. Use as educational outreach for parents and the community. Integrate into staff wellness offerings.
- How do I assess student progress?** Multiple assessments are provided to produce comprehensive understanding of student performance. Paper-based and online knowledge assessments for each unit are available. Facilitators can track students' progress through the reporting section. Alternative (Authentic or Performance) assessments can also be implemented using oral responses, discussion, advocacy activity review, and behavior modification assessments through the personal wellness tracker.
- What is the cost and license term?** \$795.00 for one year; unlimited number of teachers and students at a site.
- What are the system requirements?** PC or Mac; Internet Access (Viewed best in IE 7+ or Firefox browsers); Adobe Flash Player (free player); Adobe Acrobat Reader (free player)
- Do you provide training?** We offer training to meet your needs! We support your staff online or come to your site for in-person custom sessions. For training options, call FlagHouse at 800-221-5125 and we will connect you with Student Health Force expert trainers that will help get your program up, running—and successful!
- How do I get started?** After purchasing Student Health Force, you will receive your usernames, instructions, and the Getting Started manual. Review the manual and course material. There is a lesson plan, student worksheet, and knowledge assessment for each of the lessons in a unit. InnerLink provides personalized services and a variety of training options.

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