

Core Standards and Objectives

Health Education I

Health Education I (7th or 8th Grade)

It is health that is real wealth and not pieces of gold and silver. – Mahatma Gandhi

Health education provides opportunities for students to develop knowledge, skills, and attitudes necessary for practicing lifelong, health-enhancing behaviors. The Health I curriculum focuses on what students can do for themselves to meet the objectives of the six state core standards. Students will learn that they are responsible for their personal well-being and that building a solid foundation of health literacy and decision-making skills can contribute to a variety of healthy choices for self and others that will be of value throughout life.

Consumer health (e.g., evaluating the reliability of health information, identifying and assessing health resources and health care providers, and understanding media messages in advertising) is important and should be taught throughout the core

Standard 1: Students will demonstrate the ability to use knowledge, skills, and strategies related to mental and emotional health to enhance self-concept and relationships with others.

Objective 1: Develop strategies for a healthy self-concept.

Objective 2: Identify strategies that enhance mental and emotional health.

Objective 3: Examine mental illness.

Objective 4: Develop and maintain healthy relationships.

Standard 2: Students will use nutrition and fitness information, skills, and strategies to enhance health.

Objective 1: Describe the components and benefits of proper nutrition.

Objective 2: Analyze how physical activity benefits overall health.

Objective 3: Recognize the importance of a healthy body image and develop appropriate weight management behaviors.

Standard 3: Students will demonstrate health-promoting and risk-reducing behaviors to prevent substance abuse.

Objective 1: Examine the consequences of drug use, misuse, and abuse.

Objective 2: Analyze the risk and protective factors that influence the use and abuse of alcohol, tobacco, and other drugs.

Objective 3: Access information for treatment of addictive behaviors.

Standard 4: Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safety in the home, school, and community.

Objective 1: Identify personal behaviors that contribute to a safe or unsafe environment.

Objective 2: Recognize emergencies and respond appropriately.

Objective 3: Identify and respond appropriately to harassment and violent behaviors.

Objective 4: Examine the dangers of inappropriate use of current technology.

Standard 5: Students will understand and summarize concepts related to health promotion and the prevention of communicable and non-communicable diseases.

Objective 1: Explain the transmission and prevention of communicable diseases.

Objective 2: Identify the effects of non-communicable diseases.

Objective 3: Analyze the impact of sexually transmitted diseases including human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS) on self and others.

Objective 4: Examine the impact of disease on self and society.

Standard 6: Students will demonstrate knowledge of human development, social skills, and strategies to encourage healthy relationships and healthy growth and development throughout life.

Objective 1: Describe physical, mental, social, and emotional changes that occur throughout the life cycle.

Objective 2: Describe the interrelationship of mental, emotional, social, and physical health during adolescence.

Objective 3: Explain the processes of conception, prenatal development, birth, and the challenges created by teen and unwanted pregnancies.

Health Education II (9th or 10th Grade)

Health education provides opportunities for students to develop knowledge, skills, and attitudes necessary for practicing lifelong, health-enhancing behaviors. The Health II curriculum focuses on what students can do for themselves to meet the objectives of the six state core standards and illustrates the impact their attitudes and behaviors have on the world around them. The curriculum builds on the foundation established in Health I with an advanced, age-appropriate focus. Students will learn that they are responsible for their personal well-being and that building a solid foundation of health literacy and decision-making skills can contribute to positive health choices throughout life. In addition, they will explore the impact their personal health has on society as a whole.

Consumer health (e.g., evaluating the reliability of health information, identifying and assessing health resources and health-care providers, understanding media messages in advertising) is important and should be taught through all standards of the core.

Standard 1: Students will demonstrate knowledge, skills, and strategies related to mental and emotional health to enhance self-concept and relationships with others.

<http://www.youtube.com/watch?v=u5UPZVuYcb8> Alexi Salamone

- Objective 1: Develop strategies for a healthy self-concept.
- Objective 2: Identify strategies that enhance mental and emotional health.
- Objective 3: Examine mental illness.
- Objective 4: Create and maintain healthy relationships.

Standard 2: Students will use nutrition and fitness information, skills, and strategies to enhance health.

<http://www.youtube.com/watch?v=bO7Hv-2Eybs> Terrance Haines

- Objective 1: Describe the components and benefits of proper nutrition
- Objective 2: Analyze how physical activity benefits overall health.
- Objective 3: Recognize the importance of a healthy body image and develop appropriate weight management behaviors.

Standard 3: Students will demonstrate health-promoting and risk-reducing behaviors to prevent substance abuse.

<http://www.youtube.com/watch?v=4vBLP-N3gzE> Richard jensen

- Objective 1: Examine the consequences of drug use, misuse, and abuse.
- Objective 2: Analyze the risk and protective factors that influence the use and abuse of alcohol, tobacco, and other drugs.
- Objective 3: Access information for treatment of addictive behaviors.

Standard 4: Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safety in the home, school, and community.

<http://espn.go.com/video/clip?id=9904259> Devin Wang

Objective 1: Identify personal behaviors that contribute to or detract from safety.

Objective 2: Recognize emergencies and respond appropriately.

Objective 3: Assess and respond appropriately to harassment and violent behaviors.

Objective 4: Examine the dangers of inappropriate use of current technology.

Standard 5: Students will understand and summarize concepts related to health promotion and the prevention of communicable and non-communicable diseases.

<http://www.youtube.com/watch?v=odRyv7V8LAE> HIV life Cycle

Objective 1: Explain the transmission and prevention of communicable diseases.

Objective 2: Analyze the effects of non-communicable diseases.

Objective 3: Analyze the impact of sexually transmitted diseases including human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS) on self and others.

Objective 4: Analyze the impact of disease on self and society.

Standard 6: Students will demonstrate knowledge of human development, social skills, and strategies that encourage healthy relationships and healthy growth throughout life.

<http://www.youtube.com/watch?v=k19OECv0TbQ> Jim Maclaren and Emmanuel Ofose Yeboah

Objective 1: Describe the physical, mental, social, and emotional changes that occur throughout the life cycle.

Objective 2: Describe the interrelationship of physical, mental, social, and emotional health.

Objective 3: Establish guidelines that promote healthy and positive dating relationships.

Objective 4: Understand the importance of abstinence, the responsibilities related to sexual development, and the challenges associated with teen and/or unintended pregnancies.

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