Arizona Health

Grades 9, 10, 11, 12

Adopted 2009

Comprehension of Health Promotion and Disease Prevention Concepts

1: Understand Relationship Between Health Behaviors and Health

PO 1. Predict how healthy behaviors can affect health status

2: Understanding Multiple Dimensions of Health

PO 1. Describe the interrelationships of emotional, intellectual, physical, and social health

3: Understanding Personal Health

PO 1. Analyze how environment and personal health are interrelated

PO 2. Evaluate the impact of food and nutrition, including nutrient deficiencies on health

PO 3. Evaluate levels and types of physical activity and how these promote health and contribute to disease prevention

PO 4. Analyze how genetics and family history can impact personal health

4: Understanding Prevention of Injuries and Health Problems

PO 1. Propose ways to reduce or prevent injuries and health problems

5: Understanding Use of Health Care

PO 1. Analyze the relationship between access to health care and health status

6: Understanding Healthy vs. Unhealthy Behaviors

PO 1. Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors

PO 2. Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors

PO 3. Analyze the potential severity of injury or illness if engaging in unhealthy behaviors

Analysis of Factors Affecting Health Behaviors

1: External Influences on Personal Health

PO 1. Analyze how the family influences the health of individuals

PO 2. Analyze how the culture supports and challenges health beliefs, practices, and behaviors

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PO 3. Evaluate how peers influence healthy and unhealthy behaviors

PO 4. Evaluate how the school and community can impact personal health practice and behaviors

PO 5. Evaluate the effect of media on personal and family health

PO 6. Evaluate the impact of technology on personal, family, and community health

2: Internal Influences on Personal Health

PO 1. Analyze how the perceptions of norms influence healthy and unhealthy behaviors

PO 2. Analyze the influence of personal values and beliefs on individual health practices and behaviors

PO 3. Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors

3: Influence of Public Policy on Health

PO 1. Analyze how public health policies and government regulations can influence health promotion and disease prevention

Access to Health Information, Products, and Services to Enhance Health

1: Knowledge of Sources of Help

PO 1. Evaluate the validity of health information, products, and services

2: Accessing Help

PO 1. Use resources from home, school, and community that provide valid health information

PO 2. Determine the accessibility of products and services that enhance health.

PO 3. Analyze a situation in which professional health services may be required

PO 4. Access valid and reliable health products and services

Use of Interpersonal Communication Skills to Enhance Health

1: Communication to Enhance Help

PO 1. Utilize skills for communicating effectively with family, peers, and others to enhance health

PO 2. Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks

2: Self Protection and Dealing with Conflict

PO 1. Evaluate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others

3: Asking for Help

PO 1. Evaluate effective ways to ask for and offer assistance to enhance the health of self and others

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Use of Decision-Making Skills to Enhance Health	**1: Influences on Health Decision Making**	PO 1. Examine barriers to healthy decision making
	2: Application of Decision-Making Skills to Health	PO 1. Determine the value of applying a thoughtful decision-making process in health-related situations PO 2. Justify when individual or collaborative decision making is appropriate PO 3. Analyze and propose alternatives to health-related issues or problems PO 4. Predict the potential short-term and long-term impact of each alternative on self and others PO 5. Defend the healthy choice when making decisions PO 6. Evaluate the effectiveness of health-related decisions
Use of Goal-Setting Skills to Enhance Health	**1: Assessment of Health**	PO 1. Assess personal health practices and overall health status
	2: Health-Related Goal Setting	PO 1. Develop a plan to attain a personal health goal that addresses strengths, needs, and risks PO 2. Implement strategies and monitor progress in achieving a personal health goal PO 3. Formulate an effective long-term personal health plan
Ability to Practice Health-Enhancing Behaviors	**1: Personal Responsibility for Health**	PO 1. Analyze the role of individual responsibility in enhancing health
	2: Healthy Practices and Behaviors	PO 1. Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others PO 2. Demonstrate a variety of behaviors that avoid or reduce health risks to self and others
Ability to Advocate for Health	**1: Personal Advocacy**	PO 1. Use accurate peer and societal norms to formulate a health-enhancing message PO 2. Influence and support others to make positive health choices
	2: Collective Advocacy	PO 1. Work cooperatively as an advocate for improving personal, family, and community health
	Tailoring Advocacy Message to Audience	

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PO 1. Adapt health messages and communication techniques to a specific target audience