

Grades 9, 10, 11, 12

Adopted 2006

Core Concepts

1. Analyze how behaviors can affect health maintenance and disease prevention [H.1.1](#)

2. Describe the interrelationship of mental, emotional, social and physical health throughout adulthood [H.1.2](#)

3. Evaluate the impact of personal health behaviors on the functioning of body systems [H.1.3](#)

4. Evaluate how families, peers and community members can influence the health of individuals [H.1.4](#)

5. Analyze ways in which the environment influences the health of the community [H.1.5](#)

6. Use and evaluate appropriate strategies to promote well-being, delay onset and reduce risks of potential health problems during adulthood [H.1.6](#)

7. Assess how public health policies and government regulations can influence health promotion and disease prevention [H.1.7](#)

8. Analyze how research and medical advances can influence the prevention and control of health problems [H.1.8](#)

9. Research and analyze factors that increase the risk of contracting communicable and non-communicable diseases (e.g. HIV/AIDS, sexually transmitted diseases, diabetes, cancer, heart disease, hepatitis) [H.1.9](#)

10. Describe and analyze the physical, mental, emotional and sexual changes that occur over a lifetime- from birth to death [H.1.10](#)

11. Compare and contrast abstinence to other forms of contraception to reduce risks of disease/unintended pregnancy [H.1.11](#)

Accessing Health Information and Resources

1. Evaluate the validity of health information and the cost of products and services [H.2.1](#)

2. Demonstrate the ability to access and evaluate resources from home, school and community that provide valid health information and services for themselves and others [H.2.2](#)

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- 3. Evaluate factors that may influence the personal selection of health products and services** H.2.3
 - 4. Analyze medically accurate information about comprehensive sexuality education from family, school personnel, health professionals and other responsible adults** H.2.4
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Self-management of Healthy Behaviors

- 1. Assess the importance of assuming responsibility for personal health behaviors** H.3.1
 - 2. Analyze personal health status to determine needs** H.3.2
 - 3. Distinguish between safe, risky or harmful behaviors affecting themselves and others in the community** H.3.3
 - 4. Apply and assess strategies to improve or maintain personal, family and community health by examining influences, rules and legal responsibilities that affect decisions** H.3.4
 - 5. Use and evaluate safety techniques to avoid and reduce injury and prevent disease** H.3.5
 - 6. Evaluate and apply appropriate stress management strategies** H.3.6
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Analyzing Internal and External Influences

- 1. Analyze how family and cultural diversity enriches and affects personal health behaviors** H.4.1
 - 2. Evaluate the effects of media, technology and other factors on personal, family and community health** H.4.2
 - 3. Evaluate how information from family, school, peers and the community influences personal health** H.4.3
 - 4. Analyze the media influence on behaviors and decisions as it relates to sexuality** H.4.4
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Communication Skills

- 1. Compare and contrast skills for communicating effectively with family, peers and others** H.5.1
- 2. Apply and evaluate characteristics needed to be a responsible individual within their peer group, school, family, and community** H.5.2
- 3. Demonstrate the ability to identify positive and negative emotions and analyze the impact on behavior** H.5.3
- 4. Analyze situations and demonstrate healthy ways to express needs, wants and feelings** H.5.4

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- 5. Demonstrate care, empathy, respect and responsibility for others without bias, abuse, discrimination or harassment based on, but not limited to, race, color, sex, religion, national origin, sexual orientation, ancestry, marital status, mental retardation, mental disorder and learning and/or physical disability** H.5.5
 - 6. Prioritize and demonstrate strategies for maintaining healthy relationships and solving interpersonal conflicts** H.5.6
 - 7. Demonstrate avoidance, refusal, negotiation and collaboration skills to enhance healthy relationships** H.5.7
 - 8. Analyze the possible causes of conflict in families, among peers, and in schools and communities** H.5.8
 - 9. Demonstrate strategies used to prevent, manage and resolve conflict in healthy ways and identify adults and peers and community resources that might assist, when appropriate** H.5.9
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Decision-Making Skills

- 1. Demonstrate various strategies when making decisions to enhance health** H.6.1
 - 2. Demonstrate the ability to make healthenhancing decisions using the collaborative decisionmaking process** H.6.2
 - 3. Predict the immediate and long-term impact of health decisions on the individual, family and community** H.6.3
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Goal-Setting Skills

- 1. Demonstrate various strategies when making goal-setting decisions to enhance health** H.7.1
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Advocacy

- 1. Evaluate the effectiveness of methods for accurately expressing health information, concepts and skills** H.8.1
 - 2. Support and defend a position with accurate health information** H.8.2
 - 3. Engage the support of community agencies that advocate for healthy individuals, families and communities** H.8.3
 - 4. Use the ability to influence and support others in making positive health choices** H.8.4
 - 5. Demonstrate the ability to work cooperatively in larger, more diverse groups when advocating for healthy communities** H.8.5
 - 6. Engage others to develop health campaigns which promote care, consideration and concern for others (e.g. persons living with HIV/AIDS, diabetes, cancer)** H.8.6
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- 7. Analyze the power of choice with personal relationships and examine the responsibility and consequences regarding actions/behaviors related to sexuality** H.8.7
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Motor Skill Performance

- 1. Maintain and further develop the fundamental movement skills in open environments** H.9.1

 - 2. Demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills** H.9.2

 - 3. Use complex movements and patterns within a variety of dynamic environments** H.9.3

 - 4. Develop advanced skills in selected physical activities** H.9.4

 - 5. Participate in a wide variety of activities, including dance, games, sports and lifetime physical activities** H.9.5
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Applying Concepts and Strategies

- 1. Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances** H.10.1

 - 2. Use self, peer, teacher and technological resources as tools to implement performance improvements in self and others** H.10.2

 - 3. Demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations** H.10.3
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Engaging in Physical Activity

- 1. Regularly engage in moderate to vigorous physical activities of their choice on a regular basis** H.11.1

 - 2. Apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes** H.11.2

 - 3. Apply, evaluate and analyze critical elements of physical activity concepts to increasingly complex game forms** H.11.3

 - 4. Engage in a variety of appropriate physical activities with individualized goals, during and outside of school, that promote the development and improvement of physical fitness level** H.11.4
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Physical Fitness

- 1. Assess and adjust activities to maintain or improve personal level of health-related fitness** H.12.1

- 2. Use physiological data to adjust levels of exercise and nutrient intake to promote wellness** H.12.2

3. Use the results of fitness assessments to guide changes in her or his personal programs of physical activity H.12.3

4. Design and implement a personal wellness program based upon information obtained from the fitness assessment and in accordance with appropriate training and nutritional principles H.12.4

Responsible Behavior

1. Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same H.13.1

2. Demonstrate leadership and cooperation in order to accomplish the goals of different physical activities H.13.2

3. Develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings H.13.3

4. Demonstrate initiative in using appropriate skills for resolving conflicts peacefully and encouraging others to do the same H.13.4

Benefits of Physical Activity

1. Make decisions and implement plans to participate in different physical activities based on interests and positive feelings of accomplishment in daily living H.14.1

2. Use physical activity as a means of creative expression H.14.2

3. Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships H.14.3

4. Seek personally challenging experiences through physical activity as a means to personal growth H.14.4

5. Persist in practicing activities to increase specific skill competence in areas of interest H.14.5

6. Experiment with new physical activities as part of a personal improvement plan H.14.6
