

Comprehensive Health

PHYSICAL HEALTH

- 1 Growth and Development.** Students will learn the basic characteristics of physical growth and development, including body functions and systems throughout the life cycle, and acquire skills to promote and maintain positive growth and development. [PREK-12-1](#)

- 2 Physical Activities and Fitness.** Students will, by repeated practice, acquire and refine a variety of manipulative, locomotor, and non-locomotor movement skills, and use principles of training and conditioning, learn biomechanics and exercise physiology, and apply the concept of wellness to their lives. [PREK-12-2](#)

- 3 Nutrition.** Students will gain the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases. [PREK-12-3](#)

- 4 Reproduction/Sexuality.** Students will acquire the knowledge and skills necessary to make effective personal decisions that promote their emotional, sexual, and reproductive health. [PREK-12-4](#)

SAFETY AND PREVENTION

- 5 Disease Prevention and Control.** Students will learn the signs, symptoms, and treatment of chronic and communicable diseases, and gain skills related to health promotion, disease prevention, and health maintenance. [PREK-12-5](#)

- 6 Safety and Injury Prevention.** Students will gain the knowledge and skills to administer first aid and carry out emergency procedures, including cardiopulmonary resuscitation, avoid, recognize, and report verbal, physical, and emotional abuse situations, and assess factors that contribute to intentional and unintentional injury, including motor vehicle accidents, fire safety, and weapons safety. [PREK-12-6](#)

- 7 Tobacco, Alcohol and Other Substances.** Students will acquire the knowledge and skills to be competent in making health-enhancing decisions about the use of medications and avoidance of substances, and in communicating about substance use/abuse prevention for healthier homes, schools, and communities. [PREK-12-7](#)

- 8 Violence Prevention.** Students will learn how their actions affect others, understand the power that positive character traits can have in violence prevention, gain skills to report incidents of violence and hurtful behavior to adults in the school and community, avoid engaging in violence, and identify constructive alternatives to violence, including how to discourage others from engaging in violence. [PREK-12-8](#)

**PERSONAL AND
COMMUNITY HEALTH
INFORMATION**

- 9 Consumer Health and Resource Management.** Students will acquire the knowledge and skills necessary to obtain, manage, and evaluate resources to maintain physical and mental health and wellbeing for themselves, their families, and their communities. PREK-12-9
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- 10 Ecological Health.** Students will gain knowledge of the interdependence between the environment and human health and acquire skills to care for the environment. PREK-12-10
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- 11 Community and Public Health.** Students will learn the influence of social factors on health and contribution of public health and gain skills to promote health and to collaborate with others to facilitate healthy, safe, and supportive communities. PREK-12-11