Pennsylvania Health, Safety, & Physical Education

By the end of Grade 12

Adopted 2002

Concepts of Health

A. Stages of Growth and Development

A. Evaluate factors that impact growth and development during adulthood and late adulthood.
acute and chronic illness
communicable and non-communicable disease
health status
relationships (e.g., marriage, divorce, loss)
career choice
aging process
retirement 10.1.12.A

B. Interaction of Body Systems

B. Evaluate factors that impact the body systems and apply protective/preventive strategies.
fitness level
environment (e.g., pollutants, available health care)
health status (e.g., physical, mental, social)
nutrition 10.1.12.B

C. Nutrition

C. Analyze factors that impact nutritional choices of adults.
cost
food preparation (e.g., time, skills)
consumer skills (e.g., understanding food labels, evaluating fads)
nutritional knowledge
changes in nutritional requirements (e.g., age, physical activity level) 10.1.12.C

D. Alcohol, Tobacco and Chemical Substances

D. Evaluate issues relating to the use/non-use of drugs.
psychology of addiction
social impact (e.g., cost, relationships)
chemical use and fetal development
laws relating to alcohol, tobacco and chemical substances impact on the individual
impact on the community 10.1.12.D

E. Health Problems and Disease Prevention

E. Identify and analyze factors that influence the prevention and control of health problems. research
medical advances
technology
government policies/regulations 10.1.12.E

Healthful Living

A. Health Practices, Products and Services

A. Evaluate health care products and services that impact adult health practices. 10.2.12.A

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Health Information and Consumer Choices

B. Assess factors that impact adult health consumer choices.
access to health information
access to health care
cost
safety 10.2.12.B

C. Health Information and the Media

C. Compare and contrast the positive and negative effects of the media on adult personal health and safety. 10.2.12.C

D. Decision-making Skills

D. Examine and apply a decision-making process to the development of short and long-term health goals. 10.2.12.D

E. Health and the Environment

E. Analyze the interrelationship between environmental factors and community health.
public health policies and laws/health promotion and disease prevention individual choices/maintenance of environment
recreational opportunities/health status 10.2.12.E

Safety and Injury Prevention

A. Safe/Unsafe Practices

A. Assess the personal and legal consequences of unsafe practices in the home, school or community.
loss of personal freedom
personal injury
loss of income
impact on others
loss of motor vehicle operator's license 10.3.12.A

B. Emergency Responses/Injury Management

B. Analyze and apply strategies for the management of injuries.
CPR
advanced first aid 10.3.12.B

C. Strategies to Avoid/Manage Conflict

C. Analyze the impact of violence on the victim and surrounding community. 10.3.12.C

D. Safe Practices in Physical Activity

D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down). 10.3.3.D

D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.3.12.D

Physical Activity

A. Physical Activities That Promote Health and Fitness

A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. 10.4.12.A

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Effects of Regular Participation

B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
social
physiological
psychological 10.4.12.B

C. Responses of the Body Systems to Physical Activity

C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.
aging
injury
disease 10.4.12.C

D. Physical Activity Preferences

D. Evaluate factors that affect physical activity and exercise preferences of adults.
personal challenge physical benefits
finances
motivation
access to activity
self-improvement 10.4.12.D

E. Physical Activity and Motor Skill Improvement

E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. 10.4.12.E

F. Physical Activity and Group Interaction

F. Assess and use strategies for enhancing adult group interaction in physical activities.
shared responsibility
open communication
goal setting 10.4.12.F

Concepts, Principles and Strategies of Movement

A. Movement Skills and Concepts

A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. 10.5.12.A

B. Motor Skill Development

B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.
open and closed skills
short-term and long-term memory
aspects of good performance 10.5.12.B

C. Practice Strategies

C. Evaluate the impact of practice strategies on skill development and improvement. 10.5.12.C

D. Principles of Exercise/Training

D. Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use. 10.5.12.D

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Scientific Principles That Affect Movement

E. Evaluate movement forms for appropriate application of scientific and biomechanical principles.
efficiency of movement
mechanical advantage
kinetic energy
potential energy
inertia
safety `10.5.12.E`

F. Game Strategies

F. Analyze the application of game strategies for different categories of physical activities.
individual
team
lifetime
outdoor `10.5.12.F`