

# 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
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### 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
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### 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
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### 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
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### 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
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## 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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**B. 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
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**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
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**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
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**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
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**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
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**B. Emergency Responses/Injury Management**

- B. Analyze and apply strategies for the management of injuries.
    - CPR
    - advanced first aid
- 10.3.12.B
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**C. Strategies to Avoid/Manage Conflict**

- C. Analyze the impact of violence on the victim and surrounding community. 10.3.12.C
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**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
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**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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**B. Effects of Regular Participation**

- B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. <ul><li>social</li><li>physiological</li><li>psychological</li></ul> 10.4.12.B
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**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. <ul><li>aging</li><li>injury</li><li>disease</li></ul> 10.4.12.C
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**D. Physical Activity Preferences**

- D. Evaluate factors that affect physical activity and exercise preferences of adults. <ul><li>personal challenge</li><li>physical benefits</li><li>finances</li><li>motivation</li><li>access to activity</li><li>self-improvement</li></ul> 10.4.12.D
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**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
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**F. Physical Activity and Group Interaction**

- F. Assess and use strategies for enhancing adult group interaction in physical activities. <ul><li>shared responsibility</li><li>open communication</li><li>goal setting</li></ul> 10.4.12.F
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**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
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**B. Motor Skill Development**

- B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. <ul><li>open and closed skills</li><li>short-term and long-term memory</li><li>aspects of good performance</li></ul> 10.5.12.B
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**C. Practice Strategies**

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

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**F. Game Strategies**

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