STUDENT LEARNING GOALS

Demonstrate comprehensive health knowledge and skills
Behavior reflects conceptual understanding of issues associated with maintaining good personal health
Practice health-enhancing behaviors that promote wellness throughout life

WEB LINKS:
- http://www.mccq.org/healthcareers
- http://www.vdh.state.va.us
- http://www.unitedway.org
- http://www.americanheart.org
- http://www.bbc.co.uk/education/medicine/swcontent.html

KNOWLEDGE AND SKILLS

HEALTH CONCEPTS AND BEHAVIORS
- Explain the impact of poor dietary choices
- Describe the effects of sedentary lifestyle
- Describe the effects of tobacco, alcohol, inhalants and other drug use
- List behaviors that result in intentional and unintentional injury

MENTAL AND PHYSICAL HEALTH
- Evaluate the power of assertiveness
- Describe the impact of involvement in school and community activities
- Explain the value of exercising self-control
- Explain the merits of goal setting
- Analyze the impact of emotions and peer approval on personal decision making
- Describe the effects of an individual’s environment on physical health
- Explain how family health habits and behaviors relate to health promotion
- Relate the importance of support and encouragement from positive role models

INJURY PREVENTION
- Implement strategies to reduce and prevent violence
- Describe the peaceful resolution of conflicts
- Be prepared to administer first aid
- Recognize tendencies toward self-harm
- Recognize life-threatening situations
- Employ crisis-management strategies
- Develop methods of avoiding gang-related activity and use of weapons to commit violent acts of aggression

INFORMATION ACCESS AND USE

Use technology to determine impact on one’s well being throughout life by
- Evaluating marketing and advertising techniques to promote health
- Apply current technological tools to analyze health products and services
- Determining the involvement of local, state, and federal agencies in health-related issues
- Determining the impact of technology on health status of individuals, families and communities
- Discovering employment opportunities in health-related careers and professions

COMMUNITY HEALTH AND WELLNESS
- Describe the benefits of volunteerism
- List the outcomes of drinking and driving
- Describe the effects of using acts of violence to settle disputes
- Explain the need for organized efforts to address community health issues
- Explain the responsibilities of citizens to promote the health goals of the community
- Describe the value of positive role models
- List the negative influence of teenage drugs and alcohol use on younger members of the community

CORE CONTENT CONNECTIONS

Mathematics  Calculate daily caloric expenditure
English  Write a two-page scenario on the effect of positive role models on teenagers
Science  Design and implement an environmental clean-up project for the school or community
Social Studies  Compare and contrast activity levels based on age, economic status, and geographic setting
HEALTH CAREERS
Clinical Laboratory Sciences
Dentistry
Dietetics and Nutrition
Emergency Medical Technician
Geriatric Care
Health Information and Communication
Health Information Management and Support Services
Health Services Administration
Mental Health/Counseling
Nursing
Pharmacy
Physician and Physician Assistant
Podiatry
Public Health
Radiology
Science and Engineering
Special Technologies, Services and Diagnostic Instrumentation
Therapy
Veterinary Medicine
Vision Care

Source: [http://www.mccg.org/healthcareers](http://www.mccg.org/healthcareers)

How to Recognize Life-Threatening Emergencies
- Heart Attack
- Cardiac Arrest
- Stroke
- Choking

Injury Prevention
- Motor Vehicle and Traffic Safety
- Indoor Safety
- Choking, Strangulation, and Suffocation
- Burns and Smoke Inhalation
- Firearm Injuries
- Poisoning
- Falls
- Drowning
- Outdoor Safety
- Playground Injuries

Choking: Foreign Body Airway Obstruction
1. Ask “Are you choking?” If yes, ask “Can you speak?” If no, tell the victim you are going to help.
2. Give abdominal thrusts.
   Avoid pressing on the bottom of the breastbone (xiphoid).
3. Repeat thrusts until foreign body is expelled (obstruction relieved) or victim becomes unresponsive.
4. Phone 911 or other emergency response number (or send someone to do it). Return to the victim.
5. Attempt CPR (each time you open the airway, look for a foreign object in the mouth; if you see it, remove it).

Warning Signs of Severe Choking
- Universal sign of choking – victim clutching neck with one or both hands.
- If victim is unable to speak, perform abdominal thrusts.
- Weak, ineffective coughs
- High-pitched sounds or no sounds while inhaling
- Increased difficulty breathing
- Skin discoloration

Resource: American Heart Association