STUDENT LEARNING GOALS

- Apply health skills and strategies to improve or maintain personal and family health
- Understand adolescent health issues and concerns
- Understand the relationship between choices and consequences
- Understand how to be a positive role model
- Understand the impact of positive and negative peer pressure
- Demonstrate injury prevention behaviors
- Exhibit resourcefulness and discrimination in accessing/critiquing health information

WEB LINKS:
- [http://www.fda.gov/opacom/lowlit/medsafe.html](http://www.fda.gov/opacom/lowlit/medsafe.html)
- [http://www.nyssf.org/](http://www.nyssf.org/)

KNOWLEDGE AND SKILLS

PERSONAL HEALTH

- Identify importance of significant friends/adult mentors
- Explain the relationship between self-image and gang-related behaviors
- Describe the effect of environmental influences on personal health
- Demonstrate refusal strategies related to alcohol, tobacco, and other drugs
- Explain methods of preventing communicable and noncommunicable diseases
- Explain connection between self-image and personal success
- Describe importance of accepting responsibility for personal success
- Use resistance skill to avoid violence, gangs, weapons, and drugs
- Identify risk behaviors
- Demonstrate strategies for preventing and treating injuries

BODY STRUCTURE AND FUNCTION

- Explain relationship of dietary guidelines to eating habits
- Describe interconnection of body systems
- Describe effects of disease on body functions
- Explain relationship of drugs, alcohol, tobacco and inhalants on body functions

MENTAL/PHYSICAL DEVELOPMENT

- Describe effects of stress
- Demonstrate respect for individual differences
- Exhibit positive and negative responses to criticism
- Describe the effects of peer pressure
- Describe relationship of body image to weight management

INFORMATION ACCESS AND USE

- Access and analyze information to
  - Assess personal and family wellness
  - Recognize persuasive tactics used by various types of media
  - Interpret contraindications for prescription and over-the-counter medicines

COMMUNITY HEALTH AND WELLNESS

- Become involved in community and family projects
- Develop increased participation as a leader
- Develop peer mediation strategies
- Demonstrate respect for the opinions and beliefs of other individuals
- Demonstrate respect for rules and regulations

CORE CONTENT CONNECTIONS

Mathematics  Calculate body-mass index and daily caloric body expenditures

English  Write a poem about significant friends or adult mentors in their life

Science  Explain the relationship between food intake and energy expenditure in weight management

Social Studies  Keep a log of family/community service volunteer activities, which contribute to health and well being of the group
**Resolving Conflicts**

Identify negotiation as a method for resolving conflicts. Techniques for controlling anger, assertiveness, communication skills, decision-making skills. Negotiation and problem-solving skills can resolve conflicts.

**Decision Making**

CLARIFY decision to be made. CONSIDER possible alternatives and consequences; collect additional information. CHOOSE best alternative and take necessary action. Follow through.

**Global Awareness of Disease**

- Medical history
- Vaccination record
- Current state of health
- Chronic illnesses
- Recent or current medical treatment
- History of disease

Source: World Health Organization
http://www.who.int/ith/

**Physical Activity Pyramid**

- Inactivity: Watching TV, Sitting
- Flexibility Exercises: Stretching
- Muscle Strength & Endurance Exercises: Weight Training, Calisthenics
- Active Aerobics: Aerobic Dance, Jogging, Biking, Swimming
- Active Sports and Recreation: Tennis, Walking or Hiking, Basketball
- Lifestyle Physical Activity: Walk to work, Climb the stairs, Do yard work

**Wellness Triangle**

- Mental and Emotional
- Social
- Physical

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**ENGLISH**

**METRIC**

Source: National Heart, Lung, & Blood Institute
http://www.nhlbisupport.com/bmi/bmicalc.htm

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Source: MasterClips