# STUDENT LEARNING GOALS

Promote a healthy lifestyle through disease prevention
Promote a healthy lifestyle by avoiding drug addiction
Demonstrate confidence in their knowledge and skills
Understand their role in creating a healthy lifestyle for themselves, their families and community
Engage in promoting a healthy community

---

## WEB LINKS:

[http://dole5aday.com](http://dole5aday.com)
[http://www.redcross.org](http://www.redcross.org)
[http://science.howstuffworks.com](http://science.howstuffworks.com)
[http://www.americanheart.org](http://www.americanheart.org)

---

## KNOWLEDGE AND SKILLS

### PERSONAL HEALTH GOALS
- Use current research and scientific study to interpret dietary principles
- Employ a decision-making process for selecting health care products
- Apply personal standards regarding the use of alcohol, tobacco and other controlled substances
- Maintain health habits that promote personal wellness
- Implement a plan for lifetime fitness and physical activity
- Establish personal parameters for appropriate and inappropriate health behaviors
- Use a personal system for coping with distress and stress
- Manage deadlines
- Resolve conflicts peacefully

### HEALTH BEHAVIOR
- Participate in activities that improve the cardiovascular system
- Develop a personal plan for remaining free of communicable diseases
- Recognize the value of proper nutrition, rest, and regular activity

### INJURY PREVENTION
- Describe risky behaviors that may result in permanent disability for self or others
- List the consequences of using weapons in acts of violence
- Identify situations involving risks
- Identify situations that require first aid or CPR
- Describe the effects of alcohol and other drug use

---

## INFORMATION ACCESS AND USE

Use various sources of information to evaluate the following global health issues
- the connections between personal health goals and state or national health issues
- the benefits of information provided by recognized sources such as state and local health departments, the Food and Drug Administration, the National Institutes of Health, the World Health Organization and the Centers for Disease Control

---

## COMMUNITY HEALTH AND WELLNESS

- Describe the impact of developing positive relationships among health professionals for promotion of healthy communities
- Promote community projects
- Develop school and community health programs for citizens of all ages
- Understand the need for community services
- Develop awareness of health-related social issues such as organ donation, homelessness, underage drinking, and substance abuse

---

## CORE CONTENT CONNECTIONS

**Mathematics**
- Calculate the fat and caloric differences between meals at two fast-food restaurants

**English**
- Write a consumer fraud letter or letter of complaint about a health product/service

**Science**
- Determine whether it is healthy to exceed the recommended daily servings for any of the food groups. If so, which group(s)?

**Social Studies**
- Describe a moment in history in which a health organization resulted in local state or global health improvement
ADULT CPR

Step 1
Find hand position on breastbone.

Steps 2 & 3
Position shoulders over hands. Compress chest 15 times.

Give 2 slow breaths.

Step 4
If no signs of circulation are present, begin cycles of 15 chest compressions (about 100 compressions per minute) followed by 2 slow breaths.

Step 5
Recheck pulse and breathing for about 5 seconds.

If there is no pulse...

Step 6
After 4 cycles of compressions and breaths (15:2, about 1 minute), recheck for signs of circulation. If no signs of circulation are present, continue 15:2 cycles, beginning with chest compressions. If signs of circulation return but breathing does not, continue rescue breathing (1 breath every 5 seconds, or about 10 to 12 breaths per minute).

Resource: American Heart Association

GLOBAL HEALTH

Maslow’s Hierarchy of Needs

Physical
Need to satisfy hunger, thirst, sleep, etc.

Emotional
Need to belong and love and be loved

Social
Need to be secure and safe, out of danger

Aesthetic
Need to achieve, to be recognized

Cognitive
Need to know, to explore, to understand

Self-Fulfilling
Need for self-actualization

Adult Rescue Breathing
Establish that the victim is unresponsive. Phone 911, check for normal breathing. Look, listen, and feel.

Step 1
With victim’s head tilted back and chin lifted, pinch the nose shut. If trauma is suspected, jaw thrust.

Step 2
Give 2 slow breaths. Watch for chest to rise.

Step 3
Check for signs of circulation (normal breathing, coughing, or movement in response to the 2 rescue breaths). If signs of circulation are present but there is no normal breathing, provide rescue breathing (1 breath every 5 seconds, about 10 to 12 breaths per minute).

If a pulse is present but person is still not breathing...

Step 4
Give 1 slow breath about every 5 seconds. Do this for about 1 minute (12 breaths).

Step 5
Recheck pulse and breathing about every minute. Continue rescue breathing as long as a pulse is present but person is not breathing.

Source: http://www.healthypeople.gov/LHI/