

Health Education & Physical Education

Grades 9-12

Health Education

Health Literacy

Standard 1:

The student comprehends concepts related to health promotion and disease prevention. (HE.A.1.4)

1. understands the impact of personal health behaviors on body systems.
2. understands the potential impact of common risk behaviors on the quality of life.
3. understands the relationships among physical, mental, emotional, and social health throughout adulthood.
4. understands how the environmental conditions of the community influence the health of individuals.
5. knows how the social environment influences the health of the community.
6. knows how to delay the onset of and reduce the risk for potential health problems during adulthood.
7. understands how public health policies and government regulations influence health conditions.
8. knows how the prevention and control of health problems are influenced by research and medical advances.
9. understands how nutrient and energy needs vary in relation to gender, activity level, and stage of life.

Standard 2:

The student knows how to access valid health information and health-promoting products and services. (HE.A.2.4)

1. understands potential controversy regarding the validity of health information, products, and services.

2. knows resources from home, school, and community that provide valid health information.
3. knows how to evaluate factors that influence personal selection of health products and services.
4. knows how to access school and community health services for self and others.
5. knows how to analyze the cost and accessibility of health-care services.
6. knows how to analyze situations requiring professional health services.

Responsible Health Behavior

Standard 1:

The student knows health-enhancing behaviors and how to reduce health risks. (HE.B.1.4)

1. understands the role of individual responsibility regarding personal risk behaviors.
2. knows strategies for health enhancement and risk reduction.
3. knows strategies for managing stress.
4. knows strategies for improving or maintaining personal, family, and community health.
5. knows injury-prevention and injury-management strategies for personal, family, and community health.

Standard 2:

The student analyzes the influence of culture, media, technology, and other factors on health. (HE.B.2.4)

1. understands the impact of technology on personal, family, and community health.
2. understands the role of governmental agencies in regulating advertising claims related to health.
3. knows how information from peers, family, and the community influences personal health.
4. knows how ethnic and cultural diversity both enrich and challenge healthy living.

Standard 3:

The student knows how to use effective interpersonal communication skills that enhance health. (HE.B.3.4)

1. understands the relationship between verbal and nonverbal communication (e.g., body language, voice tone, volume, and pitch).
2. knows techniques for communicating care, consideration, and respect of self and others (e.g., encouragement, trust, and sexual abstinence).
3. knows positive strategies for expressing needs, wants, and feelings.
4. knows skills for communicating effectively with family, friends, and others.
5. knows strategies for solving interpersonal conflicts without harming self and others (e.g., peer mediation skills).

6. understands the possible causes of conflict among youth in schools and communities (e.g., ethnic prejudice) and knows methods for reducing that conflict (e.g., conflict resolution skills and peer mediation).
 7. knows strategies for dealing with individuals who are exhibiting dangerous behaviors (e.g., evading and avoiding dangerous situations).
 8. understands various ways in which different families handle grief (e.g., in terms of cultural differences).
6. knows effective techniques for supporting community, state, and federal agencies that advocate healthier communities.

Advocate and Promote Healthy Living

Standard 1:

The student knows how to use goal-setting and decision-making skills which enhance health. (HE.C.1.4)

1. knows various strategies when making decisions related to health needs and risks of young adults (e.g., support-and-reward system).
2. knows the health concerns that require collaborative decision making (e.g., community violence and water pollution).
3. knows methods for predicting immediate and long-term impact of health decisions on the individuals who make them.
4. knows how to implement a plan for attaining personal health goals for the school year and knows methods for evaluating progress.
5. knows how to make positive decisions related to injury, tobacco, nutrition, physical activity, sexuality, and alcohol and other drugs.
6. knows various strategies when applying the decision-making process regarding healthy habits (e.g., ways to avoid junk foods).

Standard 2:

The student knows how to advocate for personal, family, and community health. (HE.C.2.4)

1. knows oral, written, audio, and visual communication methods to accurately express health messages (e.g., through an audiovisual public service announcement).
2. knows methods for effectively expressing feelings and opinions on health issues.
3. knows strategies for overcoming barriers when communicating information, ideas, feelings, and opinions on health issues.
4. knows positive ways to influence others to make positive choices.
5. knows methods for working cooperatively with others to advocate for healthy communities (e.g., community service projects and health careers).