

Health: Grade 9-12

**Adams County/Ohio Valley
Course of Study**

Content Standard 1: Knows the availability and effective use of health services, products, and information.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows factors that influence personal selection of health care resources, products, and services (e.g., cost, benefits).			

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<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows how to determine whether various resources from home, school, and the community present valid health information, products, and services.			

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<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows local, state, federal, and private agencies that protect and/or inform the consumer (e.g., FDA, EPA, OSHA, local prosecutor’s office).			

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<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands the cost and accessibility of a variety of health-care services (e.g., health insurance coverage).			

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Content Standard 1: Knows the availability and effective use of health services, products, and information.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows situations that require professional health services in the areas of prevention, treatment, and rehabilitation (e.g., persistent depression, prenatal and perinatal care, treatment or management of disease, alcohol-or drug-related problems, neglect and child abuse).			

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Content Standard 2: Knows environmental and external factors that affect individual and community health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows how the health of individuals can be influenced by the community (e.g., information offered through community organizations; volunteer work at hospitals, food banks, child care centers).			

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Content Standard 2: Knows environmental and external factors that affect individual and community health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows how individuals can improve or maintain community health (e.g., becoming active in environmental and economic issues that affect health, assisting in the development of public health policies and laws, exercising voting privileges).			

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<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands how the environment influences the health of the community (e.g., environmental issues that affect the food supply and the nutritional quality of food).			

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<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands how the prevention and control of health problems are influenced by research and medical advances.			

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<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows how public health policies and government regulations (e.g., OSHA regulations, Right to Know laws, DSS regulations, licensing laws) impact health-related issues (e.g., safe food handling, food production controls, household waste disposal controls, clean air, disposal of nuclear waste).			

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<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands how cultural diversity enriches and challenges health behaviors (e.g., various food sources of nutrients available in different cultural and ethnic cuisines, influence of cultural factors on the treatment of diseases).			

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Content Standard 3: Understands the relationship of family health to individual health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands methods to facilitate the transition from the role of a child of an independent adult in the family.			

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Content Standard 3: Understands the relationship of family health to individual health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows the effects of teenage pregnancy on teenagers, their children, their parents, and society.			

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Content Standard 3: Understands the relationship of family health to individual health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands the responsibilities inherent in dating relationships, marriage, and parenthood.			

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Content Standard 4: Knows how to maintain mental and emotional health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows skills used to communicate effectively with family, friends, and others, and the effects of open and honest communication.			

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Content Standard 4: Knows how to maintain mental and emotional health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows strategies for coping with and overcoming feelings of rejection, social isolation, and other forms of stress.			

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Content Standard 4: Knows how to maintain mental and emotional health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands the role of denial as a negative influence on mental and emotional health, and ways to overcome denial and seek assistance when needed.			

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Content Standard 5: Knows essential concepts and practices concerning injury prevention and safety.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows injury prevention strategies for community health (e.g., neighborhood safety, traffic safety, safe driving).			

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Content Standard 5: Knows essential concepts and practices concerning injury prevention and safety.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows possible causes of conflicts in schools, families, and communities, and strategies to prevent conflict in these situations.			

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Content Standard 5: Knows essential concepts and practices concerning injury prevention and safety.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows strategies for solving interpersonal conflicts without harming self or others.			

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Content Standard 5: Knows essential concepts and practices concerning injury prevention and safety.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows how refusal, negotiation, and collaboration skills can be used to avoid potentially harmful situations.			

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Content Standard 6: Understands essential concepts about nutrition and diet.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands how nutrient and energy needs vary in relation to gender, activity level, and stage of life cycle.			

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Content Standard 6: Understands essential concepts about nutrition and diet.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands the reliability and validity of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, food labels).			

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Content Standard 6: Understands essential concepts about nutrition and diet.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands the role of food additives and their relationship to health.			

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Content Standard 7: Knows how to maintain and promote personal health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows how personal behaviors relate to health and well-being and how these behaviors can be modified if necessary to promote achievement of health goals throughout life (e.g., following a personal nutrition plan to reduce the risk of disease, periodically self-assessing physical fitness).			

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Content Standard 7: Knows how to maintain and promote personal health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands the short-and long-term consequences of safe, risky, and harmful behaviors.			

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Content Standard 7: Knows how to maintain and promote personal health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands how personal health needs change during the life cycle.			

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Content Standard 7: Knows how to maintain and promote personal health.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands the impact of personal health behaviors on the functioning of body systems.			

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Content Standard 8: Knows essential concepts about the prevention and control of disease.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands the immune system functions to prevent or combat disease.			

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Content Standard 8: Knows essential concepts about the prevention and control of disease.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands the importance of regular examinations (including self-examination of the breasts or testicles) in detecting and treating diseases early.			

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Content Standard 8: Knows essential concepts about the prevention and control of disease.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands the importance of prenatal and perinatal care to both the mother and the child.			

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Content Standard 8: Knows essential concepts about the prevention and control of disease.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands the social, economic, and political effects of disease on individuals, families, and communities.			

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Content Standard 9: Understands aspects of substance use and abuse.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows the short-and long-term effects associated with the use of alcohol, tobacco, and other drugs on reproduction, pregnancy, and the health of children.			

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Content Standard 9: Understands aspects of substance use and abuse.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows how the abuse of alcohol, tobacco, and other drugs often plays a role in dangerous behavior and can have adverse consequences on the community (e.g., house fires, motor vehicle crashes, domestic violence, date rape, transmission of diseases through needle sharing or sexual activity).			

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Content Standard 9: Understands aspects of substance use and abuse.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands that alcohol, tobacco, and other drug dependencies are treatable diseases/conditions.			

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Content Standard 10: Understands the fundamental concepts of growth and development.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands a variety of physical, mental, emotional, and social changes that occur throughout life, and how these changes differ among individuals (e.g., young adulthood, pregnancy, middle age, old age).			

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Content Standard 10: Understands the fundamental concepts of growth and development.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Understands how physical, mental, social, and cultural factors influence attitudes and behavior regarding sexuality.			

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Content Standard 10: Understands the fundamental concepts of growth and development.			
<i>Grade Level Indicator</i>	<i>Instructional Activities/Strategies</i>	<i>Resources</i>	<i>Assessment</i>
Knows sound health practices in the prenatal period that are important to the health of the fetus and young child (e.g., diet, refraining from cigarette smoking or use of alcohol or other drugs).			