

Health Essential Standards - High School

Health Focus Areas:

1. Health and Physical Fitness
2. Communication Skills and Character Education
3. Sex Education
4. Food and Nutrition
5. Muscular System
6. Mental Disorders
7. Alcohol and Drugs

Competency Goal 1: Exemplify the skills necessary to make healthy decisions and become more physically fit.

Objectives

- 1.1 Understand the different aspects of health, and how to positively impact those aspects.
- 1.2 Analyze the different factors and strategies that go along with physical fitness

Competency Goal 2: Gain knowledge on effective interpersonal communication skills and character education skills.

Objectives

- 3.1 Understand the skills needed for effective communication.
- 3.2 Understand how to provide support to friends.
- 3.3 Analyze the character traits of healthy and non-healthy relationships.

Competency Goal 3: Gain knowledge on the risks of sexual activity, the different kinds of STIs, and how to prevent getting HIV and AIDS.

Objectives

- 7.1 Understand the risk associated with contracting sexually transmitted infections and what behaviors can prevent the spread of STIs.
- 7.2 Analyze the most common STIs and describe their symptoms and treatments.
- 7.4 Analyze how to get tested and treated for STI's.

Competency Goal 4: Gain knowledge about the different types of foods and how they affect the body.

Objectives

- 4.1 Analyze how the body uses carbohydrates, fats, and proteins.
- 4.2 Develop an understanding of the different vitamins and minerals.
- 4.3 Understand the different resources that are available in regards to providing a guide for healthful eating.

Competency Goal 5: Gain knowledge about the muscular system.

Objectives

- 5.1 Identify the major muscles in the body.
- 5.2 Understand the functions of the skeletal muscles and how to keep the muscular system healthy.

Competency Goal 6: Understand the different types of mental disorders and how to get treatment.

Objectives

- 2.1 Analyze how mental disorders are recognized and what causes the disorders.
- 2.2 Develop an understanding of the different eating disorders and how to get treatment.
- 2.3 Understand why it is important to identify and treat depression.
- 2.4 Analyze the different ways to treat mental disorders and identify places someone could receive treatment.

Competency Goal 7: Gain knowledge on how alcohol and other drugs work, affect the body, the long-term effects, and the benefits of not drinking alcohol or doing drugs.

Objectives

- 6.1 Analyze the effects of alcohol on the body, and the factors that can influence blood alcohol concentration.
- 6.2 Analyze the effects of drugs on the body.
- 6.3 Understand the serious long-term effects of alcohol and drug abuse, and the steps it takes to recover from alcoholism and drug addiction.

Physical Education Essential Standards - High School

Physical Education Focus Areas:

1. Sports Skills and Rules
2. Personal and Social Behavior
3. Physical Fitness
4. Character Education

Competency Goal 1: Exhibit competent sports skills and an understanding of the rules.

Objective

1.1 Apply the fundamental sports skills necessary to participate proficiently in the following:

- Basketball – Dribbling, shooting, passing, rule knowledge and terminology
- Volleyball – Bump , set, spike, serve, rule knowledge and terminology
- Softball - Catching, throwing, rule knowledge and terminology
- Football – Throwing, catching, rule terminology
- Ultimate Frisbee – Throwing , strategy, rule knowledge
- Handball - Strategy, rule knowledge
- Kickball – Rule knowledge and terminology
- Nitro Ball – Strategy, rule knowledge
- Soccer – Dribbling, passing, shooting, rule knowledge and terminology
- Spike Ball – Rule knowledge, skill development, and strategy

1.2 Analyze the rules for each sport, and apply through participation.

Competency Goal 2: Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Objectives

- 2.1 Apply leadership skills to promote responsibility in self and others.
- 2.2 Apply the most appropriate ways of responding and mediate to settle conflicts.

Competency Goal 4: Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- 3.1 Evaluate personal physical fitness status in terms of strength, speed, stamina, endurance, flexibility, agility, power, balance and coordination.

Competency Goal 4: Gain knowledge on self esteem, communication skills, and bully behavior through participation in a character education program.

Objectives

- 4.1 Analyze the proper way to communicate with peers and parents.
- 4.2 Analyze the importance of being able to work with others.
- 4.3 Analyze the behavior of bullies, and how to deal with those behaviors.
- 4.4 Analyze why teenagers and adults often have difficulty communicating, and strategies to improve this communication.