

Learning Targets

Introduction to Health

- 1.** I can explain the relationship between health and wellness.
- 2.** I can conclude that most lifestyle diseases of today are related to lifestyle choices.
- 3.** I can identify the three parts of the health triangle.
- 4.** I can list and define the 7 dimensions of wellness.
- 5.** I know the proper steps when making a responsible decision.
- 6.** I can set a SMART goal and understand how to achieve them.

Learning Targets

Mental Health

- 1.** I can explain the three parts of the mental health definition.
- 2.** I am familiar with how to manage stress in my life.
- 3.** I can explain how to achieve high self esteem.
- 4.** I understand what it means to communicate effectively.
- 5.** I understand how to express my emotions in healthy ways.
- 6.** I can identify causes and symptoms of common mental illnesses.
- 7.** I can identify treatment options for mental illnesses.
- 8.** I can identify the warning signs of depression and suicide.
- 9.** I can recognize the five stages of grief and loss.

Learning Targets

Nutrition

- 1.** I know the 6 essential nutrients and their importance to the body.
- 2.** I can successfully read a food label.
- 3.** I can explain how my diet can impact my health.
- 4.** I can explain why breakfast is an important meal.
- 5.** I can explain the characteristics of “my plate”.
- 6.** I can identify the dangers of unhealthy eating.

Learning Targets

Disease

- 1.** I can distinguish the difference between a lifestyle disease and an infectious disease.
- 2.** I can identify the risk factors that contribute to heart disease, cancer, diabetes, stroke and obesity.
- 3.** I can identify the warning signs and prevention of heart disease, cancer, diabetes, stroke and obesity.

Learning Targets

CPR/AED

- 1.** I can articulate what CPR stands for and how it can be used to save a life.
- 2.** I can explain risk factors for an individual who may need CPR.
- 3.** I can perform the Heimlich maneuver on a child or adult.
- 4.** I can perform backslaps and check thrust on a conscious choking infant.
- 5.** I can successfully access 911.
- 6.** I can successfully demonstrate the first three steps in CPR (CAB).
- 7.** I can demonstrate how to administer compressions only CPR to an adult, child and infant.
- 8.** I can properly use an AED machine.

Learning Targets

Chemical Health

- 1.** I can distinguish between chemical use and abuse.
- 2.** I can identify how the human body is affected by various drugs.
- 3.** I can explain the addiction process.
- 4.** I can identify drugs that cause physical addiction and/or psychological addiction.
- 5.** I know the different classification of drugs.
- 6.** I know the dangers of alcohol, tobacco, and marijuana use.
- 7.** I can identify how chemical use can impact an entire family.

Learning Targets

Human Sexuality

- 1.** I can identify the parts of the male and female reproductive system.
- 2.** I can explain reproduction, prenatal development, menstruation and child birth.
- 3.** I can identify diseases of the reproductive system.
- 4.** I can explain why abstaining from sex is a good alternative for teens to consider.
- 5.** I can identify risks and consequences that go along with being sexually active.

- 6.** I know the failure rates of various forms of contraception.
- 7.** I can recognize the signs, symptoms, and treatments for most common sexually transmitted infections.
- 8.** I can identify characteristics of a health dating relationship.