



COBB
TEACHING AND
LEARNING
STANDARDS

HEALTH
GRADE 9-12



Health
17.01100

Course Description: Health literacy is the capacity of individuals to obtain, interpret and understand basic health information and services and the competence to use such information and services in the ways which enhance health. The health literate person is a critical thinker and problem solver, a responsible, productive citizen, a self-directed learner and an effective communicator.

Course Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health

- PH HSH1a. The learner will correlate hygiene and grooming habits with employment opportunities and building relationships.
- PH HSH1b. The learner will evaluate how one's genetics and health choices contribute to disease (heredity, inactivity, diet, stress, environment, infection, and degenerative processes) and propose strategies to reduce risk.
- PH HSH1c. The learner will evaluate how one's genetics and health choices contribute to disease (heredity, inactivity, diet, stress, environment, infection, and degenerative processes) and propose strategies to reduce risk.
- PH HSH1d. The learner will describe the interrelationships of emotional, intellectual, physical, and social health
- PH HSH1e. The learner will analyze how environment and personal health are interrelated.
- PH HSH1f. The learner will analyze how the family influences the health of individuals
- E HSH1ee. The learner will analyze stress and its effects on all aspects of health and wellness.
- E The learner will develop and practice effective coping skills for managing stress to prevent self-destructive behaviors (e.g. suicide).
- E HSH1ff. The learner will identify factors that promote a positive self-image (e.g. accepting responsibility; respect for self, authority, and others; and self-discipline, self-control, and the right to be assertive).
- E HSH1gg. The learner will identify factors that promote a positive self-image (e.g. accepting responsibility; respect for self, authority, and others; and self-discipline, self-control, and the right to be assertive).
- E HSH1hh. The learner will identify factors that promote a positive self-image (e.g. accepting responsibility; respect for self, authority, and others; and self-discipline, self-control, and the right to be assertive).
- E HSH1ii. The learner will analyze stress and its effects on all aspects of health and wellness.
- SA HSH1ss. The learner will compare how alcohol, tobacco, and other drug use and non-use impacts personal goals, educational opportunities, and occupational choices.
- SA HSH1tt. The learner will determine how use of alcohol and other drugs contribute to accidents, crime and suicide.
- SA HSH1uu. The learner will understand the importance of proper first aid responses to both threatening and non-threatening injuries.
- SA HSH1vv. The learner will recognize that alcohol, tobacco, and other drug dependencies are treatable diseases/conditions and identify appropriate community resources.
- SA HSH1ww. The learner will evaluate the drug interactions that occur with using medicines and other drugs in combination and their potential lethal effects.
- SA HSHxx. The learner will compare how alcohol, tobacco, and other drug use and non-use impacts personal goals, educational opportunities, and occupational choices.
- N HSH1mm. The learner will comprehend the relationship that exists between eating disorders and self-esteem and their effects on physical and emotional health.
- N HSH1nn. The learner will recognize the relationship between obesity and illness and poor health.
- N HSH1oo. The learner will analyze a variety of weight management plans for sound nutritional practices and their lifelong effects on health.
- S HSH1pp. The learner will understand the importance of proper first aid responses to both threatening and non-threatening injuries
- S HSH1qq. The learner will identify threats to personal safety (e.g., incest, rape, date rape.).
- S HSHrr. The learner will demonstrate the ability to properly respond to life-threatening cardio-pulmonary emergencies.

- DP HSH1g. The learner will list early symptoms and long term consequences of syphilis, gonorrhea, genital herpes, Chlamydia, genital warts (HPV), HIV/AIDS and other sexually transmitted diseases.
- DP HSH1h. The learner will describe diagnostic tests and available treatments for gonorrhea and syphilis and identify places a person can go to obtain testing and treatment.
- DP HSH1i. The learner will identify methods of preventing pregnancy and sexually transmitted diseases and whether or not they are effective. Abstinence is the only sure way to prevent pregnancy and sexually transmitted diseases.
- DP HSH1j. The learner will recognize that abstaining from sexual activity and refraining from intravenous drug use are the most effective methods of preventing HIV/AIDS.
- DP HSH1k. The learner will evaluate how one's genetics and health choices contribute to disease (heredity, inactivity, diet, stress, environment, infection, and degenerative processes) and propose strategies to reduce risk.
- DP HSH1l. The learner will identify methods of preventing pregnancy and sexually transmitted diseases and whether or not they are effective. Abstinence is the only sure way to prevent pregnancy and sexually transmitted diseases.
- DP HSH1m. The learner will recognize that abstaining from sexual activity and refraining from intravenous drug use are the most effective methods of preventing HIV/AIDS.
- DP HSH1n. The learner will analyze the causes, treatments, and prevention methods for cancer affecting body tissues or organs.
- DP HSH1o. The learner will recognize the importance of individually abstaining from premarital and extramarital sex and intravenous drug use to prevent the spread of HIV/AIDS and other sexually transmitted diseases.
- DP HSH1p. The learner will analyze the causes, treatments, and prevention methods for illnesses caused by pathogens. (ie: bacteria, viruses, fungi, and other microorganisms).
- DP HSH1q. The learner will recognize that abstaining from sexual activity and refraining from intravenous drug use are the most effective methods of preventing HIV/AIDS.
- DP HSH1r. The learner will recognize that an uninfected, mutually faithful sexual relationship within marriage does not put a person at risk for AIDS through sexual activity.
- DP HSH1s. The learner will analyze the causes, treatments, and prevention methods for cancer affecting body tissues or organs.
- DP HSH1t. The learner will describe the clinical course of HIV/AIDS.
- DP HSH1u. The learner will recognize the importance of individually abstaining from premarital and extramarital sex and intravenous drug use to prevent the spread of HIV/AIDS and other sexually transmitted diseases.
- DP HSH1v. The learner will recognize known ways HIV/AIDS is transmitted and identify behaviors that increase the risk of contracting HIV/AIDS.
- DP HSH1w. The learner will list early symptoms and long term consequences of syphilis, gonorrhea, genital herpes, Chlamydia, genital warts (HPV), HIV/AIDS and other sexually transmitted diseases.
- DP HSH1x. The learner will recognize that sexually transmitted diseases, including HIV/AIDS, are communicable diseases and that abstinence is the sure method of prevention.
- DP HSH1y. The learner will recognize that HIV/AIDS is caused by a virus and is currently incurable and fatal.
- DP HSH1z. The learner will recognize known ways HIV/AIDS is transmitted and identify behaviors that increase the risk of contracting HIV/AIDS.
- DP HSH1aa. The learner will recognize that returning to abstinence is a positive alternative to previous sexual behavior
- DP HSH1bb. The learner will recognize the importance of individually abstaining from premarital and extramarital sex and intravenous drug use to prevent the spread of HIV/AIDS and other sexually transmitted diseases.
- DP HSH1cc. The learner will compare how alcohol, tobacco, and other drug use and non-use impacts personal goals, educational opportunities, and occupational choices.
- DP HSH1dd. The learner will identify methods of preventing pregnancy and sexually transmitted diseases and whether or not they are effective. Abstinence is the only sure way to prevent pregnancy and sexually transmitted diseases.
- HGD HSH1jj. The learner will list ways heredity and environment affect human growth and development.

- HGD HSH1kk. The learner will recognize that having children is best undertaken in marriage.
- HGD HSH1ll. The learner will analyze changes in the prospective parents' lifestyles and responsibilities before and after the birth of their baby.
- HGD HE HS7j: The learner will recognize that abstaining from sexual activity and refraining from intravenous drug use are the most effective methods of preventing HIV/AIDS.

Course Standard 2

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors

- PH HSH2a. Analyze how peers influence healthy and unhealthy behaviors
- PH HSH2d. The learner will analyze how culture supports and challenges health benefits, practices, and behaviors.
- PH HSH2e. Analyze how the perception of norms influence healthy and unhealthy behaviors
- PH HEH2f: The learner will evaluate the effect of media on personal and family health.
- SA HSH2b. The learner will determine how use of alcohol and other drugs contribute to accidents, crime and suicide.
- N HSH2h. The learner will apply critical thinking skills to analyze marketing and advertising methods for influencing food choices.
- HGD HSH2c. The learner will recognize how sexual decisions are influenced by group pressures (e.g. community, media, and peers).
- HGD HSH2g. The learner will recognize how sexual decisions are influenced by group pressures (eg. Community, media, and peers)

Course Standard 3

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance

- PH HEH3d. The learner will determine when professional health services may be required.
- PH HEH3e. The learner will utilize resources from school and community that provide valid and reliable health information for products and services.
- SA HSH3a. The learner will recognize that alcohol, tobacco, and other drug dependencies are treatable diseases/conditions and identify appropriate community resources.
- SA HSH3b. The learner will identify local support systems concerning personal health (e.g. family, teacher, religious advisor, friend, and counselor).
- DP HSH3c. The learner will describe diagnostic tests and available treatments for sexually treated infections

Course Standard 4

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks

- PH HSH4a. The learner will demonstrate effective communication skills and resistance skills (e.g., nature of conflict, feelings, active listening, effective communication skills, and empathy).
- PH HSH4b. Demonstrate refusal, negotiation, and collaboration skills to enhance health or reduce health risks
- HGD HSH4c. The learner will utilize refusal skills regarding sexual involvement (eg. saying no, negotiation, and using refusal and decision making skills)

Course Standard 5

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health

- PH HSH5a. Examine barriers that can hinder healthy decision making
- PH HSH5b. The learner will demonstrate characteristics of a healthy decision-maker.
- PH HSH5d. The learner will identify the benefits of setting personal goals for maintaining a healthy body.
- PH HSH5e. Evaluate the effectiveness of health-related decisions

HGD HSH5c. The learner will recognize how sexual decisions are influenced by group pressures (e.g. community, media, and peers).

Course Standard 6

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health

- PH HSH6b. The learner will identify the benefits of setting personal goals for maintaining a healthy body.
- PH HSH6c. Develop a plan to attain personal health goals that addresses strengths, weaknesses and risk behaviors.
- N HSH6a. The learner will evaluate diet relative to personal needs, dietary guidelines, and energy balance (caloric intake vs. energy expenditure) and design a plan for improvement.

Course Standard 7

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks

- PH HSH7a. Demonstrate a variety of healthy practices that will maintain or improve the health of self and others.
- E HSH7f: The learner will develop and practice effective coping skills for managing stress to prevent self-destructive behaviors (e.g. suicide).
- S HSH7b. The learner will analyze the potential severity of injury or illness or death if engaging in unhealthy behaviors
- N HSH7c. The learner will evaluate diet relative to personal needs, dietary guidelines, and energy balance (caloric intake vs. energy expenditure) and design a plan for improvement.
- N HSH7d. The learner will apply critical thinking skills to analyze marketing and advertising methods for influencing food choices.
- N HSH7e. The learner will analyze a variety of weight management plans for sound nutritional practices and their lifelong effects on health.

Course Standard 8

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health

- PH HSH8a: The learner will analyze how environment and personal choices are interrelated.
- PH HSH8b. Demonstrate how to influence and support others to make positive health choices
- PH HSH8c. Work cooperatively as an advocate for improving personal, family, and community health

