HEALTH
THIRD GRADE

Health – Grade 3
17.00400
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

- The learner will be able to discuss circulatory and respiratory diseases/illnesses (e.g. tuberculosis, heart disease, stroke, emphysema, obesity, hypertension, asthma, bronchitis, ear infection, and lung cancer) and discusses methods of prevention.
- The learner will be able to identify the parts of the circulatory and respiratory systems and summarize how they work.
- The learner will be able to explain the function and location of different types of teeth as well as proper dental care.
- The learner will be able to assess the physical, mental, and social consequences of using alcohol, tobacco products, and other drugs.
- The learner will be able to recognize causes of stress and apply effective problem solving skills (e.g. deep breathing, exercising, talking to someone, and organization).
- The learner will explain the relationship between food, energy, and health.
- The learner will be able to relate personal health choices (involving nutrition, alcohol, tobacco products, and other drugs, and disease prevention) to the functions of the circulatory and respiratory systems.
- The learner will be able to demonstrate knowledge of bicycle safety laws.
- The learner will identify threats to personal safety (e.g. child abuse, physical abuse, neglect, and emotional abuse).
- Recognize situations when it may be important to seek emergency help.

Course Standard 2

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

- The learner will be able to associate the influence of cultural background on food choices.
- The learner will be able to recognize the importance of discussing health issues with one's family.
- Identify how peers can influence healthy and unhealthy behaviors.
- Identify how the media can influence health behaviors.

Course Standard 3

Students will demonstrate the ability to access valid information and products and services to enhance health

- The learner will identify reliable sources of health information, products, and services.
- The learner will be able to identify local support systems concerning personal safety (e.g. family, teacher, religious advisor, friend, and counselor).

Course Standard 4

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

- The learner will be able to discuss the importance of refusing assertively (e.g. drugs, strangers, etc.).
- The learner will be able to demonstrate how listening skills can be used to build and maintain healthy relationship.
- The learner will demonstrate non-verbal communication skills.
### Course Standard 5

**Students will demonstrate the ability to use decision-making skills to enhance health**

- a. The learner will be able to apply the decision making steps to avoid threatening situations.
- b. The learner will be able to explain why accepting responsibilities and making positive choices (e.g. do legal things, don’t steal, don’t cheat) help develop a healthy self-concept.
- c. The learner will create options to solve health issues or problems.

### Course Standard 6

**Students will demonstrate the ability to use goal-setting skills to enhance health**

- a. The learner will set a personal health goal and develop a plan to achieve the goal
- b. The learner will identify resources to assist in achieving a personal health goal

### Course Standard 7

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

- a. The learner will demonstrate procedures for good personal grooming (emphasizing prevention, intervention, and treatment of head lice).
- b. The learner will apply appropriate first-aid procedures for treating and reporting common injuries (e.g. wounds, choking, and poisoning).
- c. The learner will apply appropriate accident prevention strategies when around electricity, firearms, fireworks and water.
- d. The learner will propose healthy and enjoyable alternatives to using alcohol, tobacco products, and other drugs.
- e. The learner will participate in healthy practices that maintain or improve physical health.

### Course Standard 8

**Students will demonstrate the ability to advocate for personal, family, and community health**

- a. The learner will encourage others to make positive health choices
- b. The learner will examine ways family members can work together to accomplish a task and resolve conflict.