



**HEALTH**  
**GRADE SEVEN**



Health - Grade 7  
17.00800

**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**

- H71.a: Identify stressors, its effects on the body, and ways to effectively cope with it.
- H71.b: Determine why students bully others, list the effects it has on everyone, and provide steps that can be taken to address this problem.
- H71.c: Brainstorm decisions that teenagers have to make that could either support or hurt another person's feelings
- H71.d: Compare and contrast drug categories (stimulant/depressant/hallucinogen etc.) and their effects on the central nervous system.
- H71.e: Analyze the effects of tobacco and marijuana on the respiratory system
- H71.f: Summarize foods in the Food guide Pyramid listing key nutrients and daily servings for each group [www.mypyramid.gov/](http://www.mypyramid.gov/)
- H71.g: Identify the five components of health-related fitness and list exercises for each
- H71.h: Compare fast food and healthy food choices on nutritional intake for calories, fat, and sodium
- H71.i: Identify physical activities that contribute to maintaining or improving cardiovascular fitness
- H71.j: Demonstrate knowledge and skills associated with Cardio Pulmonary Resuscitation (CPR+AED)
- H71.k: Compare and contrast the differences between bacterial and viral infections
- H71.l: Compare and contrast causes, symptoms, and treatment of common communicable diseases
- H71.m: Describe the development of a female ovum and male sperm cell as the building blocks of human life
- H71.n: Describe changes of the body during puberty (mental, social, emotional, physical)
- H71.o: Develop strategies and skills for maintaining and adequate level of personal hygiene emphasizing changes during adolescence.
- H71.p: Identifies threats to personal safety (i.e. child abuse, sexual and physical abuse, neglect and emotional abuse)
- H71.q: Identify the most common disorders affecting the male and female reproductive systems.
- H71.r: Compare and contrast how sperm and egg are developed in male and females.
- H71.s: Explain the cycle of menstruation (females)
- H71.t: Explain nocturnal emissions (males)
- H71.u: Describe the process of fertilization
- H71.v: Identify the stages of life from infancy to adulthood
- H71.w: Analyze peer pressure to engage in risky behaviors
- H71.x: Compare and contrast causes, symptoms, methods of transmission, and treatment of sexually transmitted diseases including A.I.D.S./H.I.V (Move to Human Growth)
- H71.y: Assess the emotional consequences associated with engaging sexual activities (Move to Human Growth)

## Course Standard 2

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

- H72.a: Examine Cyber bullying and the internet and discuss the impact it has on personal safety
- H72.b: Identify unsafe situations on the internet and design steps to be safe

- H72.c: Examine the influence various forms of media (television and magazines) have on eating habits of teenagers.
- H72.d: Explain the influence of media and technology on promoting risky behavior
- H72.f: Evaluate how the media (music, magazines, television, internet) influence teenagers sexual behaviors in a negative way

### Course Standard 3

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

- H73.a: Research the various sources of support for mental and emotional help.
- H73.b: Evaluate advertising for substances and predict reasons for possible influences on behavior
- H73.c: Analyze food labels for nutrient and nutritional claims
- H73.d: Analyze the validity of health information (TV ads) related to the treatment and prevention of communicable diseases.
- H73.e: Analyze the validity of health claims related to various products or services

### Course Standard 4

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

- H74.a: Use effective communication skills to develop healthy relationships with others.
- H74.b: Use communication skills to prevent and resolve conflict
- H74.c: Use refusal skills on negative peer pressures

### Course Standard 5

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

- H75.a: Know and apply decision making skills to avoid or reduce health risks

### Course Standard 6

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

- H76.a: Identify a short term goal that is attainable and related to friendship with others.
- H76.b: Design fitness and nutrition goals and a plan for implementing

### Course Standard 7

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

- H77.a: Use refusal skills to prevent substance use.
- H77.b: Demonstrate first aid skills for conscious choking victim
- H77.c: Demonstrate adult or child CPR skills
- H77.d: Identify the risks involved with choosing unhealthy foods and make a plan to reduce those risks

### Course Standard 8

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

- H78a: Distinguish between positive and negative peer pressure related to substance abuse to help others make positive health choices.
- H78.b: Determine the influence you have on health behaviors of others

