

MSAD #34

**HEALTH
CURRICULUM**

K-12

Grades K-2

Health Concepts

Goal A: Students will understand health promotion and disease prevention concepts.

Objective 1: The learner will demonstrate acknowledge of how germs are spread and how they cause disease.

Objective 2: The learner will demonstrate when universal precautions are necessary and how to use them.

Objective 3: The learner will identify other methods of keeping your body healthy, including good hygiene, exercise, sleep and diet.

*Components of good health: nutrition, emotional, social and physical.

Objective 4: The learner will demonstrate ways in which they can prevent and avoid pollution in the environment. (move or delete)

Objective 5: The learner will demonstrate an understanding of the life cycle process. (move or delete)

Objective 6: The learner will describe healthy activities.

Health Information, Services and Products

Goal B: Students will know how to acquire valid information about health issues, services and products.

Objective 1: The learner will identify the different health resources and their function in the community.

Grades K-2

Health Promotion and Risk Reduction

Goal C: Students will understand how to reduce their health risks through the practice of healthy behaviors.

- Objective 1: The learner will identify healthy foods.
- Objective 2: The learner will describe the basics of good nutrition.
- Objective 3: The learner will demonstrate an understanding of the relationship between good nutrition and dental health.
- Objective 4: The learner will demonstrate knowledge of dental and personal hygiene.
- Objective 5: The learner will identify signs of stress and list several ways to cope with stress (emotions).
- Objective 6: The learner will demonstrate bus and playground safety.
- Objective 7: The learner will demonstrate an understanding of fire safety including evacuation and the use of 911.
- Objective 8: The learner will demonstrate an understanding of poisonous and non-poisonous substances (alcohol and medicines).
- Objective 9: The learner will demonstrate an understanding of pedestrian, car, passenger, and bicycle safety.
- Objective 10: The learner will describe why it is unsafe to touch guns or other weapons without adult supervision.
- Objective 11: The learner will describe situations that are unsafe.
- Objective 12: The learner will describe the difference between good and bad touch.
- Objective 13: The learner will identify stranger danger and physical and sexual abuse.

Influences on Health

Goal D: Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.

- Objective 1: The learner will demonstrate how advertising makes us want things we may not need.
- Objective 2: The learner will identify the differences between healthy and unhealthy consumer goods.
*Connected to Health Concepts
- Objective 3: The learner will describe his/her family and a family different from his/her own.

Grades K-2

Communication Skills

Goal E: Students will understand that skillful communication skills can contribute to better health for themselves, their families, and the community.

Objective 1: The learner will describe the difference between feeling sick and feeling well.

Objective 2: The learner will use “I” statements to communicate his/her feelings (verbal/non-verbal communication skills).

Objective 3: The learner will demonstrate good listening skills.

Objective 4: The learner will demonstrate how to work together to solve a problem or conflict.

Objective 5: The learner will demonstrate acceptable and unacceptable ways to treat family, self, and friends.

Decision-Making and Goal Setting

Goal F: Students will learn how to set personal goals and make decisions that lead to better health.

Objective 1: The learner will describe how a healthy lifestyle promotes wellness.

Objective 2: The learner will set short-term health goals like brushing teeth, healthy food choices, and exercising.

Grades 3 and 4

Health Concepts

Goal A: Students will understand health promotion and disease prevention concepts.

- Objective 1: The learner will describe the difference between contagious and non-contagious diseases. (4)
- Objective 2: The learner will identify the social, emotional, and physical changes of his/her growth and development. (5)
- Objective 3: The learner will describe the relationship between healthy practices and personal health (e.g. eating well and exercise). (3, 4, 5)
- Objective 4: The learner will identify indicators of physical, mental, emotional, and social health during childhood. (4)
- Objective 5: The learner will describe the basic structures and functions of the human body systems. (4)
- Objective 6: The learner will identify common health problems of children that should be detected and treated early. (4)
- Objective 7: The learner will describe ways in which a healthful school and community environment influences personal health. (3)
- Objective 8: The learner will explain the difference between positive and negative responses to stress. (5)
- Objective 9: The learner will demonstrate essential understanding of basic health concepts. (3, 4, 5)
- Objective 10: The learner will describe how diseases are spread and prevented (immunizations, hygiene, universal precautions, etc.). (4)

Examples:

- Role-play situations that cause stress for students (special events, tests, friends moving) showing that for some it has a positive effect (motivation to study or practice) and for some, negative effects (physical symptoms).
- List three things that should be included on a medicine label and explain why each is important.

Health Information, Services and Products

Goal B: Students will know how to acquire valid information about health issues, services, and products.

- Objective 1: The learner will identify a variety of health occupations. (4)
- Objective 2: The learner can identify health resources in the home, school, and community. (4)
- Objective 3: The learner will demonstrate the ability to locate information and/or warnings on a variety of product labels. (4)
- Objective 4: The learner will recognize the differences between similar products. (4)

Grades 3 and 4

Health Promotion and Risk Reduction

Goal C: Students will understand how to reduce their health risks through the practice of health behaviors.

- Objective 1: The learner will name the components of the food pyramid and describe healthy eating habits. (3) (move to A or B)
- Objective 2: The learner will identify safe behaviors. (3, 4, 5)
- Objective 3: The learner will demonstrate knowledge of how to respond in an emergency when they are at home and away from home. (5)
- Objective 4: The learner will demonstrate an understanding of safe choices and develop personal strategy. (5)
- Objective 5: The learner will demonstrate basic care of human body systems. (4)
- Objective 6: The learner will demonstrate healthful and safe ways to deal with or avoid threatening and stressful situations. (5)

Influences on Health

Goal D: Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.

- Objective 1: The learner will understand that the job of advertising is to make you want things. (4)
- Objective 2: The learner will identify how the media influences health decisions, substance use and abuse. (4, 5)
- Objective 3: The learner will evaluate the influences of culture on health. (3, 4, 5)
- Objective 4: The learner will describe ways technology affects personal health.(4)
- Objective 5: The learner will describe ways to be a responsible friend and family member. (3, 4, 5)

Grades 3 and 4

Communication Skills

Goal E: Students will understand that skillful communication can contribute to better health for themselves, their families, and the community.

- Objective 1: The learner will use appropriate communication and listening skills to enhance health. (4, 5)
- Objective 2: The learner will differentiate between negative and positive ways to deal with conflict. (4, 5)
- Objective 3: The learner will demonstrate non-violent strategies to resolve conflicts. (4, 5)
- Objective 4: The learner will express opinions and give accurate information about health issues. (4, 5)

Decision-Making and Goal Setting

Goal F:

- Objective 1: The learner will demonstrate the ability to make healthy food choices. (3)
- Objective 2: The learner will understand the appropriate and inappropriate use of licit and illicit drugs. (5)
- Objective 3: The learner will demonstrate the ability to apply a decision-making process to health issues and problems. (3, 4, 5)
- Objective 4: The learner will predict the results of positive health decisions. (3, 4, 5)
- Objective 5: The learner will demonstrate an understanding of how choices affect long and short-term risk of disease. (4)

Grades 5-8

Health Concepts

Goal A: Students will understand health promotion and disease prevention concepts.

- Objective 1: The learner will demonstrate an understanding of how specific kinds of pollution (land, water, noise, or air) can affect his/her health and well-being.
- Objective 2: The learner will demonstrate an understanding of the health consequences of tobacco and drug use.
- Objective 3: The learner will explain the relationship between healthy behaviors and the prevention of injury, illness and disease.
- Objective 4: The learner will analyze the effects that risky behaviors have on personal health (e.g. tobacco, drugs, poor nutrition, sexual).
- Objective 5: The learner will explain how appropriate health care can prevent premature death and disability.
- Objective 6: The learner will identify the characteristics and stages of human growth and development.
- Objective 7: The learner will analyze how the environment relates to personal health.

Health Information, Services and Products

Goal A: Students will know how to acquire valid information about health issues, services, and products.

Objective 1:

Health Promotion and Risk Reduction

Goal A: Students will understand how to use their health risks through the practice of health behaviors.

- Objective 1: The learner will name the components of the food pyramid and describe healthy eating habits.
- Objective 2: The learner will demonstrate an understanding of how choices affect long and short-term risk of disease.
- Objective 3: The learner will demonstrate an understanding of safe choices and develop personal strategy.
- Objective 4: The learner will explain the importance of assuming responsibility for personal health.

- Objective 5: The learner will analyze a personal health assessment to determine health strengths and risks.
- Objective 6: The learner will develop strategies to improve or maintain personal and family health.
- Objective 7: The learner will develop injury prevention and response strategies for personal safety, including first aid.
- Objective 8: The learner will demonstrate ways to avoid or change situations that threaten personal safety.
- Objective 9: The learner will distinguish between healthy and unhealthy stress management techniques.
- Objective 10: The learner will demonstrate an understanding of the various reasons why people use and abuse substances.
- Objective 11: The learner will demonstrate an understanding of recreational safety.
- Objective 12: The learner will identify causes of stress and develop effective coping strategies.
- Objective 13: The learner will demonstrate an understanding of the importance of a positive self-esteem and ways to enhance it.
- Objective 14: The learner will describe ways he/she can become more independent and accepting of increased responsibility.

Influences on Health

Goal A: Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.

- Objective 1: The learner will investigate the influences of cultural beliefs on health behaviors and the use of health services.
- Objective 2: The learner will analyze how messages from media influence both health behaviors and the selection of health information, products, and services (e.g. eating disorders, teen magazines, acne products, dental care).
- Objective 3: The learner will analyze the effect of technology on personal and family health.
- Objective 4: The learner will describe how school, family, and peers influence the health of adolescents.
- Objective 5: The learner will demonstrate ways to avoid or prevent pollution in his/her environment.
- Objective 6: The learner will demonstrate acceptance of self and others.

Communication Skills

Goal A: Students will understand that skillful communication can contribute to better health for themselves, their families, and the community.

- Objective 1: The learner will demonstrate effective verbal and non-verbal communication skills to enhance health and to build and maintain healthy relationships (e.g. positive peer pressure).
- Objective 2: The learner will demonstrate refusal and negotiation skills, which can enhance health by enabling them to deal with negative peer pressure.

- Objective 3: The learner will demonstrate conflict resolution strategies.
- Objective 4: The learner will analyze various communication methods which can be used to give information, ideas, and opinions about health issues.

Examples:

- Select a newspaper story about a conflict involving violence and discuss the issues involved on all sides. Describe how conflict resolution and negotiation skills could be used to defuse the violence.
- Write a fictitious or real letter to someone who is trying to change a health behavior (e.g. stop smoking, start exercising) and give them encouragement by citing the benefits of the change (e.g. reduced risk of lung cancer and heart disease).

- Objective 5: The learner will demonstrate strategies in making healthy choices and avoiding negative peer pressure.
- Objective 6: The learner will demonstrate skills needed to initiate, maintain, and end friendships.
- Objective 7: The learner will demonstrate a variety of ways to deal with conflict.

Decision-Making and Goal Setting

Goal A:

- Objective 1: The learner will demonstrate individual and collaborative decision-making processes to resolve health problems.
- Objective 2: The learner will analyze how health-related decisions are influenced by individuals, families, and community values.
- Objective 3: The learner will explain how health behaviors have consequences for them and others.
- Objective 4: The learner will describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.
- Objective 5: The learner will develop a plan to attain personal health goals by employing personal strengths and addressing needs and health risks.
Example: Write a story for the school newspaper explaining how teenage smoking is positively and negatively influenced by friends, role models, and community norms.
- Objective 6: The learner will demonstrate an understanding of how second-hand smoke affects their health.
- Objective 7: The learner will demonstrate communication and decision-making skills and how to set personal goals.
- Objective 8: The learner will identify the various components of a healthy lifestyle.

Upon Completion of Grade 8

- The learner will understand about health-related careers.
- The learner will understand how to access community health resources.
- The learner will understand product labeling and identify healthy foods.
- The learner will understand over-the-counter drug labeling and the differences between brand and generic products.
- The learner will understand that maintaining a healthy water supply is important to his/her health.
- The learner will understand that second-hand smoke affects his/her health.
- The learner will understand human reproduction and contraception.
- The learner will understand gestation, prenatal care, and birth.
- The learner will understand the responsibilities of dating.
- The learner will understand how physical fitness influences respiratory and circulatory systems.
- The learner will understand the nature of platonic and romantic attraction.
- The learner will understand appropriate and inappropriate responses to feelings and demonstrations of attraction.
- The learner will understand how body image affects his/her self-image.
- The learner will understand the differences between anorexia, bulimia, compulsive eating, obesity, and other eating disorders.
- The learner will understand basic hygiene for his/her changing body.
- The learner will understand how to incorporate and maintain physical fitness into a healthy lifestyle.
- The learner will understand good decision-making around healthy eating.
- The learner will understand what nutrients are and how they are broken down and utilized by the body.
- The learner will understand the spread and prevention of STD's including HIV and Hepatitis B.
- The learner will understand the components and functions of the immune system.
- The learner will understand the components of the respiratory and cardiovascular systems.
- The learner will understand the basics of recreational safety.
- The learner will understand the differences between use, misuse, and abuse of drugs and alcohol.
- The learner will understand the consequences of experimentation with drugs and alcohol.

GOALS AND OBJECTIVES

Grades 9-12

Personal Health and Disease Prevention

Goal A: The learner will understand health promotion and disease prevention concepts.

- Objective 1: The learner will describe the interrelationship of physical, mental, emotional, and social health throughout the stages of life.
- Objective 2: The learner will recognize that health-related decisions are made on multiple levels and that these are based on accessing accurate information, personal attitudes, and values.
- Objective 3: The learner will implement a plan and evaluate progress in attaining personal health goals.
- Objective 4: The learner will demonstrate a concept of public health policies and laws and their influences on health promotion and disease prevention.
- Objective 5: The learner will analyze the relationship between personal health practices and individual well-being.
- Objective 6: The learner will identify the body systems and the impact of personal health practices and individual well-being.
- Objective 7: The learner will describe how stress management relates to disease prevention and demonstrate some stress management techniques.
- Objective 8: The learner will identify how disease causing microorganisms, family history, nutrition and other factors relate to cause and prevention of disease and other health problems.
- Objective 9: The learner will describe basic sleep requirements for individuals across the life span and discuss the importance of sleep and sleep stages as a function of physical, mental, and emotional health.

Consumer Health and Environmental Health

Goal B: The learner will acquire valid information about health issues, services, and products.

- Objective 1: The learner will access, use, and report on current health information from various media as a basis for decision-making and behavior change.
- Objective 2: The learner will evaluate factors that influence personal selection of health products and services.
- Objective 3: The learner will access school and community health services and identify those health issues requiring professional health care.
- Objective 4: The learner will discern between valid and invalid health information, products, and services.
- Objective 5: The learner will describe how he/she impacts a shared environment (air, water, and land).
- Objective 6: The learner will describe his/her role in a caring community.

Safety and Accident Prevention

Goal C: The learner will understand how to use personal health risks through the practice of healthy behaviors.

Objective 1: The learner will demonstrate knowledge of basic household first aid including a knowledge of reporting procedures.

Objective 2: The learner will understand that responsibility for safety procedures lie with each individual at home, school, work, and in the community.

Community Health

Goal D: The learner will understand how media, cultural perspectives, technology, peers, and family influence behaviors that affect health.

Objective 1: The learner will analyze how different cultures, religions, and personal values affect health beliefs and practices.

Objective 2: The learner will evaluate the affect of media and other factors on personal, family, and community health.

Objective 3: The learner will evaluate the impact of technology on personal, family, and community health.

Mental Health and Communication Skills

Goal E: The learner will understand that skillful communication can contribute to better health for oneself, family, and community.

Objective 1: The learner will recognize that effective communication with family, peers, and others is part of accessing and applying health information and decision-making.

Objective 2: The learner will demonstrate strategies that can be used to prevent or solve conflict without harm to self or others.

Objective 3: The learner will identify causes of conflict with family, peers, school, and community.

Objective 4: The learner will demonstrate the ability to advocate for personal, family, school, and community health.

Personal Health, Decision-Making, and Growth & Development

Goal F: The learner will learn how to set up personal goals and making decisions that lead to a higher level of wellness.

Objective 1: The learner will recognize health concerns that require collaborative decision-making.

Objective 2: The learner will formulate an effective long-range personal health plan.

Objective 3: The learner will predict the immediate and long-term impact of health decisions on the individual, family, and community.

Objective 4: The learner will demonstrate an in-depth understanding of complex health concepts.

Family Life and Growth & Development

Goal G: The learner will acquire information that supports the fact that abstaining from sexual activity is the only responsible and truly safe alternative for teenagers.

Objective 1: The learner will demonstrate effective communication skills for remaining abstinent and for avoiding unprotected sexual intercourse.

Objective 2: The learner will demonstrate an understanding that factual information about HIV, STD's, and pregnancy is essential for responsible decision-making.

Objective 3: The learner will recognize the risks and lasting consequences of becoming an adolescent parent.

Objective 4: The learner will discuss the relationship between substance use/abuse and unwanted sexual contact.

Mental Health

Goal H: The learner will gain knowledge about initiating and maintaining personal relationships.

Objective 1: The learner will identify qualities that individuals value in a variety of personal relationships.

Objective 2: The learner will explore similarities and differences between male and female perceptions of relationships.

Objective 3: The learner will practice communicating about relationship issues.

Physical Fitness

Goal I: The learner will understand that physical fitness is vital to total health and that individual needs vary.

Objective 1: The learner will identify and describe the four components of physical fitness.

Objective 2: The learner will describe the relationship between some chronic diseases and a lack of physical activity.

Objective 3: The learner will design and implement a personal fitness plan based on a fitness profile applying the principles of training.

Objective 4: The learner will summarize the benefits of exercise for physical, mental, and social well-being.

Substance Use, Misuse, and Abuse

Goal J: The learner will acquire a body of knowledge that an individual uses in making decisions about substance use, misuse, and abuse.

Objective 1: The learner will outline the major classifications of drugs including drugs for prevention of disease, fighting disease, treating heart and blood vessels, and affecting the nervous system.

Objective 2: The learner will explain why the effects of drugs are unique to each individual.

Objective 3: The learner will describe in basic terms what happens to a substance in the body.

Objective 4: The learner will demonstrate an awareness of the many internal and external factors that can influence and individual's behavior in relation to substance use/nonuse.

Objective 5: The learner will identify concepts that show that addiction is biochemical.

Objective 6: The learner will categorize licit and illicit drugs according to affect on the central nervous system.

Nutrition

Goal K: The learner will incorporate basic nutritional information in making decisions concerned with healthful eating.

Objective 1: The learner will discuss certain cultural facts that have contributed to a diet high in fat, sodium, sugar, cholesterol, and calories.

Objective 2: The learner will define basal metabolism empty calories, and nutrient density.

Objective 3: The learner will list six main nutrient categories, primary functions, and examples of each.

Objective 4: The learner will state daily intake guidelines of fat and demonstrate how to calculate this in grams.

Objective 5: The learner will discuss the connection between diet and degenerative disease.

Objective 6: The learner will state daily intake guidelines of protein and demonstrate how to calculate this in grams.

Objective 7: The learner will demonstrate an awareness of the food pyramid including number of servings, serving size, and how to construct a typical day of food intake following pyramid guidelines.

Objective 8: The learner will demonstrate an understanding of food label information and how this information can be used in decision-making.

UPON COMPLETION OF GRADE 12

- The learner will understand how to reduce the risks of potential health problems during adulthood.
- The learner will understand how stress management, rest, sleep, and relaxation play an important role in personal health.
- The learner will understand how to use current health information with decision-making skills to reinforce and create healthy eating patterns including understanding the connection between diet and degenerative disease.
- The learner will understand how to practice health-enhancing behaviors to reduce health risks.
- The learner will understand how to care for the body systems and the part that personal decision-making plays in this care.
- The learner will understand how to access valid health information promoting products and services as a basis for decision-making and behavior change.
- The learner will understand the effectiveness of various communication methods for accurately delivering health information and ideas.
- The learner will understand the concept of shared environment and how each individual impacts air, water, and land.
- The learner will understand basic Red Cross household first aid and demonstrate an ability to prioritize and act in an accident situation.
- The learner will understand how prevention and control of health problems are influenced by research and medical advances.
- The learner will understand how behavior can impact health maintenance and disease prevention.
- The learner will understand the effect of culture, media, technology, and other factors on personal health.
- The learner will understand how communication skills enhance personal health on multiple levels and advocate for personal, family, and community health.
- The learner will understand the immediate and long-term impact of personal decisions on health of the individual, family, and community health.
- The learner will understand refusal, negotiations, and collaboration skills to avoid potentially harmful situations.
- The learner will understand the skills necessary to initiate and maintain personal relationships.
- The learner will understand the skills and behaviors needed to maintain or modify personal levels of fitness and is able to design and implement a personal fitness program.
- The learner will understand the body of knowledge that an individual uses in making decisions regarding use, misuse, and abuse of substances.
- The learner will understand how to apply the current nutritional information in order to eat in a manner that will enhance personal health and performance.