

Browse **Quality Core Curriculum Standards by subject****Subject: Health****Grade: 9-12**Course: Health

- 1** **Topic:** Alcohol, Tobacco and Other Drugs: Social Consequences
Standard: Determines how adolescent use of alcohol and other drugs contributes to accidents, crime, and suicide.
- 2** **Topic:** Alcohol, Tobacco and Other Drugs: Risk/Prevention
Standard: Recalls the leading causes of teen morbidity and mortality and formulates methods of prevention of each.
- 3** **Topic:** Alcohol, Tobacco and Other Drugs: Intervention
Standard: Recognizes that alcohol, tobacco, and other drug dependencies are treatable diseases/conditions and identifies appropriate community resources.
- 4** **Topic:** Alcohol, Tobacco and Other Drugs: Personal Consequence
Standard: Compares how alcohol, tobacco, and other drug use and nonuse impacts personal goals, educational opportunities, and occupational choices.
- 5** **Topic:** Alcohol, Tobacco and Other Drugs: Drug Interaction
Standard: Evaluates the drug interactions that occur with using medicines in combination and their potential lethal effects.
- 6** **Topic:** Disease Prevention: STDs
Standard: Lists early symptoms and long-term consequences of syphilis, gonorrhea, genital herpes, chlamydia, genital warts (HPV), HIV/AIDS and other sexually transmitted diseases.
- 7** **Topic:** Disease Prevention: Early Detection and Treatment
Standard: Describes diagnostic tests and available treatments for gonorrhea and syphilis and identifies places a person can go to obtain testing and treatment.
- 8** **Topic:** Disease Prevention: Abstinence
Standard: Recognizes 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.
- 9** **Topic:** Disease Prevention: Pregnancy and Sexually Transmitted Disease Prevention
Standard: Identifies 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. (Note: Does not require demonstration of contraceptive devices).
- 10** **Topic:** Disease Prevention: HIV/AIDS
Standard: Recognizes that Sexually Transmitted Diseases, including HIV/AIDS, are communicable diseases and that abstinence is the sure method of prevention.
- 11** **Topic:** Disease Prevention: Abstinence
Standard: Recognizes that abstaining from sexual activity and refraining from intravenous drug use are the most effective methods of preventing HIV/AIDS.
- 12** **Topic:** Disease Prevention: HIV/AIDS
Standard: Recognizes that HIV/AIDS is caused by a virus and is currently incurable and fatal.
- 13** **Topic:** Disease Prevention: AIDS
Standard: Identifies the history of prevalence of HIV/AIDS in the United States.
- 14** **Topic:** Disease Prevention: Sexually Transmitted Diseases
Standard: Demonstrates an awareness of current statistics related to Sexually Transmitted Diseases, including HIV/AIDS.

- 15** **Topic:** Disease Prevention: HIV/AIDS
Standard: Recognizes known ways HIV/AIDS is transmitted and identifies behaviors that increase the risk of contracting HIV/AIDS.
- 16** **Topic:** Disease Prevention: HIV/AIDS
Standard: Describes clinical course of HIV/AIDS.
- 17** **Topic:** Disease Prevention: Abstinence
Standard: Recognizes that returning to abstinence is a positive alternative to previous sexual behavior.
- 18** **Topic:** Disease Prevention: Decision-Making
Standard: Recognizes that an uninfected, mutually faithful sexual relationship within marriage does not put a person at risk for AIDS through sexual activity.
- 19** **Topic:** Disease Prevention: Goal-Setting
Standard: Identifies the benefits of setting personal goals for maintaining a healthy body.
- 20** **Topic:** Disease Prevention: Cancer
Standard: Analyzes the causes, treatments, and prevention methods for cancers affecting body tissues or organs.
- 21** **Topic:** Disease Prevention: Risk Factors
Standard: Evaluates how one's genetics and health choices contribute to disease (heredity, inactivity, diet, stress, environment, infection, and degenerative processes) and proposes strategies to reduce risk.
- 22** **Topic:** Family Living: Self-Concept
Standard: Identifies 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).
- 23** **Topic:** Family Living: Persuasion
Standard: Identifies ways of resisting persuasive tactics regarding sexual involvement (e.g., saying "no," negotiation and using refusal and decision-making skills).
- 24** **Topic:** Family Living: Persuasion
Standard: Recognizes how sexual decisions are influenced by group pressures (e.g., community, media, and peer).
- 25** **Topic:** Family Living: Dating
Standard: Identifies social, emotional, intellectual, and economic aspects of dating.
- 26** **Topic:** Family Living: Decision-Making
Standard: Recognizes that having children is best undertaken in marriage.
- 27** **Topic:** Family Living: Parental Responsibilities
Standard: Analyzes changes in the prospective parents' lifestyles and responsibilities before and after the birth of their baby.
- 28** **Topic:** Family Living: Health Consumerism
Standard: Matches various health needs and problems with the associated local health service agencies, clinics, and other advisory services.
- 29** **Topic:** Growth and Development: Human Reproduction
Standard: Understands how conception occurs and describes human fetal development from conception through birth.
- 30** **Topic:** Growth and Development: Endocrine System
Standard: Analyzes and describes the relationship between the glands and hormones that control the secondary sex characteristics.
- 31** **Topic:** Growth and Development: Heredity and Environment
Standard: Lists ways heredity and environment affect human growth and development.
- 32** **Topic:** Mental Health: Stress
Standard: Analyzes stress and its effects on all aspects of health and wellness.
- 33** **Topic:** Mental Health: Stress Management

Standard: Develops and practices effective coping skills for managing stress to prevent self-destructive behaviors (e.g., suicide).

34 **Topic:** Mental Health: Conflict Resolution

Standard: Demonstrates effective communication skills and resistance skills (e.g., nature of conflict, feelings, active listening, effective communication skills, and empathy).

35 **Topic:** Mental Health: Decision Making

Standard: Demonstrates characteristics of a healthy decision- maker.

36 **Topic:** Mental Health: Maturation

Standard: Explores the increased responsibility in the transition from adolescence to adulthood and proposes ways to make these changes easier.

37 **Topic:** Nutrition: Dietary Guidelines

Standard: Evaluates diet relative to personal needs, dietary guidelines, and energy balance (caloric intake vs. energy expenditure) and designs a plan for improvement

38 **Topic:** Nutrition: Weight Management

Standard: Analyzes a variety of weight management plans for sound nutritional practices and their lifelong effects on health.

39 **Topic:** Nutrition: Dietary Guidelines

Standard: Modifies personal diet relative to special needs (e.g., vegetarians, athletes, diabetics, food allergies, etc.).

40 **Topic:** Nutrition: Misinformation

Standard: Analyzes the reliability of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, food additives, and food labels).

41 **Topic:** Nutrition: Marketing Strategies

Standard: Applies critical thinking skills to analyze marketing and advertising methods for influencing food choices.

42 **Topic:** Personal Health: Hygiene

Standard: Correlates hygiene and grooming habits with employment opportunities and building relationships.

43 **Topic:** Safety: First Aid/Cardiopulmonary Resuscitation

Standard: Demonstrates ability to properly respond to life-threatening cardiopulmonary emergencies.

44 **Topic:** Safety: Violence Prevention

Standard: Identifies threats to personal safety (e.g., incest, rape, date rape).

45 **Topic:** Safety: Resources

Standard: Identifies local support system concerning personal safety (e.g., family, teacher, religious advisor, friend, and counselor).