

# Health 8 - All Objectives

- 1. Decision-Making Skills (These objectives can be incorporated into all areas of health throughout the course.)**
  - 1.1 The student will explain the six steps of the decision-making process. [ 4.8.1 ]
  - 1.2 The student will apply the decision-making process to a health-related issue. [ 5.8.1, 5.8.2, 5.8.4 ]
  - 1.3 The student will describe how peers influence their decisions. [ 2.8.2 ]
  - 1.4 Explain the relationship between decisions and goals. [ 5.8.3, 6.8.1 ]
  - 1.5 Distinguish between short-term and long-term goals. [ 5.8.3, 6.8.2 ]
  - 1.6 The student will identify various refusal skills. [ 4.8.1, 4.8.5 ]
  - 1.7 The student will apply refusal skills to a significant health issue or problem. [ 4.8.1, 4.8.2, 4.8.5 ]
  - 1.8 The student will critically judge health products advertised in the media. [ 2.8.5 ]
  
- 2. Health Care Services and Wellness (These objectives can be incorporated into all areas of health throughout the course.)**
  - 2.1 The student will explain the mental, physical, social, and emotional needs necessary to maintain good health. [ 1.8.1, 2.8.2, 2.8.3 ]
  - 2.2 The student will define wellness. [ 1.8.1, 3.8.1 ]
  - 2.3 The student will describe various influences on a person's health and wellness. [ 1.8.1, 2.8.2, 2.8.3 ]
  - 2.4 The student will define body image, self-concept, and self-esteem. [ 1.8.1, 2.8.2, 2.8.3, 3.8.1, 4.8.1, 7.8.1 ]
  - 2.5 The student will develop strategies for improving their body image, self-concept, and self-esteem. [ 1.8.1, 2.8.2, 2.8.3, 3.8.1, 4.8.1, 4.8.4, 5.8.4, 6.8.1, 8.8.1 ]
  - 2.6 The student will describe the need for adequate rest. [ 1.8.1, 1.8.10, 2.8.2, 5.8.1, 6.8.3, 7.8.1 ]
  - 2.7 The student will explain the importance of proper hygiene. [ 1.8.1, 1.8.10, 2.8.2, 2.8.3 ]
  - 2.8 The student will formulate a personal health care plan. [ 1.8.1, 1.8.10, 2.8.2, 2.8.5, 3.8.2, 5.8.4, 6.8.1, 6.8.2, 7.8.6 ]
  - 2.9 The student will explain the need for regular health check-ups. [ 1.8.1, 1.8.9, 1.8.10, 2.8.4, 3.8.1, 5.8.1, 5.8.2, 8.8.2 ]
  - 2.10 The student will identify local agencies devoted to health care. [ 1.8.11, 2.8.2, 2.8.4, 3.8.1, 6.8.3, 8.8.2 ]
  
- 3. Nutrition and Physical Activity**
  - 3.1 The student will examine how physical activity and diet are essential in maintaining a healthy body. [ 1.8.4, 2.8.1, 7.8.6 ]
  - 3.2 The student will classify foods using the components of MyPlate. [ 7.8.6 ]
  - 3.3 The student will identify the main nutrients essential for good health. [ 1.8.4, 2.8.1 ]
  - 3.4 The student will select food items which are rich in the essential nutrients. [ 1.8.4, 2.8.1, 5.8.1, 7.8.6 ]
  - 3.5 The student will differentiate between foods with adequate nutritional value and those with limited nutritional value. [ 1.8.4, 2.8.1, 5.8.1, 7.8.6 ]
  - 3.6 The student will explain the importance of reading the labels on products they purchase. [ 1.8.4, 5.8.1, 7.8.1, 8.8.1 ]
  - 3.7 The student will describe the benefits of regular exercise. [ 1.8.4, 7.8.6 ]
  - 3.8 The student will compare the effects of being overweight or underweight on a person's overall wellness. [ 1.8.2, 1.8.4, 7.8.1 ]
  - 3.9 The student will describe how metabolism and nutrition can be related to certain diseases. [ 1.8.4, 1.8.9 ]
  
- 4. Mental Health (These objectives can be incorporated into all areas of health throughout the course.)**
  - 4.1 The student will define stress. [ 2.8.2, 8.8.1 ]
  - 4.2 The student will discuss the effects of stress on the body. [ 1.8.2, 1.8.3, 1.8.10 ]
  - 4.3 The student will discuss ways to cope with stress. [ 1.8.1, 7.8.1, 8.8.1 ]
  - 4.4 The student will identify three eating disorders. [ 1.8.3, 4.8.4 ]
  - 4.5 The student will recognize the four most common factors in youth suicide. [ 1.8.3, 3.8.1 ]
  - 4.6 The student will recognize the warning signs of suicide. [ 1.8.3, 3.8.1 ]
  - 4.7 The student will recognize various resources available for help. [ 3.8.1, 3.8.2, 8.8.1 ]

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## 5. Body Systems

- 5.1 The student will distinguish among cells, tissues, organs, and systems. [ 1.8.2 ]
- 5.2 The student will list the attributes of the sense organs. [ 1.8.2 ]
- 5.3 The student will describe the parts of the nervous system with their functions. [ 1.8.2 ]
- 5.4 The student will describe disorders of the nervous system. [ 1.8.2 ]
- 5.5 The student will explain the structures and functions of the integumentary system. [ 1.8.2 ]
- 5.6 The student will describe the effects of the sun on the integumentary system. [ 1.8.2, 5.8.2 ]
- 5.7 The student will explore the protective factors involved in caring for the integumentary system. [ 1.8.2, 5.8.2 ]
- 5.8 The student will explain the process of breathing. [ 1.8.2 ]
- 5.9 The student will discuss diseases of the respiratory system. [ 1.8.2 ]
- 5.10 The student will describe how the respiratory system interacts with the other body systems. [ 1.8.2 ]
- 5.11 The student will describe the parts of the circulatory system with their functions. [ 1.8.2 ]
- 5.12 The student will identify precautions needed for a healthy circulatory system. [ 1.8.2 ]
- 5.13 The student will discuss disorders related to the circulatory system. [ 1.8.2, 3.8.1 ]
- 5.14 The student will describe the parts of the digestive system. [ 1.8.2 ]
- 5.15 The student will trace the pathway food follows in the body from intake to elimination. [ 1.8.2 ]
- 5.16 The student will discuss disorders related to the digestive system. [ 1.8.2, 3.8.1 ]
- 5.17 The student will explain the functions of the excretory system. [ 1.8.2 ]
- 5.18 The student will identify the major bones in the skeletal system. [ 1.8.2 ]
- 5.19 The student will identify the major muscles of the muscular system. [ 1.8.2 ]
- 5.20 The student will describe the relationship between bones and muscles. [ 1.8.2 ]
- 5.21 The student will distinguish the various glands that make up the endocrine system. [ 1.8.2 ]

## 6. Substance Use and Abuse

- 6.1 The student will define the term "drug." [ 1.8.6 ]
- 6.2 The student will distinguish among over-the-counter, prescription, and illegal drugs. [ 1.8.6 ]
- 6.3 The student will explain the basic guidelines for proper use of medicine. [ 1.8.6 ]
- 6.4 The student will outline the addiction process. [ 1.8.2, 1.8.10 ]
- 6.5 The student will evaluate the consequences of illegal drug use. [ 5.8.3 ]
- 6.6 The student will state reasons to be drug free. [ 4.8.2, 4.8.3 ]
- 6.7 The student will explain the physical, mental, and emotional effects of tobacco on the body. [ 5.8.3 ]
- 6.8 The student will explain the effects of tobacco campaigns on a teen's decision to smoke. [ 2.8.6, 3.8.1, 7.8.1, 7.8.2 ]
- 6.9 The student will identify strategies by which persons can stop tobacco use. [ 5.8.1, 5.8.3, 7.8.2 ]
- 6.10 The student will explain the physical, mental, and emotional effects of alcohol on the body. [ 1.12.7, 1.12.11, 2.12.6, 5.12.3, 7.12.2 ]
- 6.11 The student will discuss reasons why alcohol is frequently used by adolescents. [ 5.8.3 ]
- 6.12 The student will discuss the perils of drinking and driving. [ 2.8.3, 5.8.3, 6.8.3 ]
- 6.13 The student will explain the physical, mental, and emotional effects of marijuana on the body. [ 5.8.3 ]
- 6.14 The student will explain the physical, mental, and emotional effects of methamphetamines on the body. [ 5.8.3 ]
- 6.15 The student will explain the physical, mental, and emotional effects of designer drugs on the body. [ 5.8.3 ]
- 6.16 The student will identify community agencies which assist persons with substance abuse problems. [ 3.8.1, 3.8.2 ]

## 7. Diseases

- 7.1 The student will differentiate between infectious (communicable) and non-infectious (noncommunicable) diseases. [ 1.8.1, 1.8.9 ]
- 7.2 The student will identify types of disease-causing organisms. [ 1.8.1, 1.8.9 ]
- 7.3 The student will identify ways in which infectious diseases are spread. [ 1.8.1, 1.8.9 ]
- 7.4 The student will identify some of the symptoms of the most common infectious diseases. [ 1.8.1, 1.8.9 ]
- 7.5 The student will describe ways to prevent infectious diseases from spreading to others. [ 1.8.1, 1.8.9 ]
- 7.6 The student will identify some of the symptoms of common non-infectious diseases. [ 1.8.1, 1.8.9 ]
- 7.7 The student will explain the relationship between risk factors and non-infectious diseases. [ 1.8.1, 1.8.9 ]
- 7.8 The student will identify various strategies for preventing non-infectious diseases. [ 1.8.1, 1.8.9, 2.8.5 ]
- 7.9 The student will describe common hereditary diseases. [ 1.8.1, 1.8.9 ]
- 7.10 The student will describe common types of cancer. [ 1.8.1, 1.8.9 ] Health - Sex Education

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### 8. Changes During Adolescence

- \*8.1 The student will recognize physical changes which occur during adolescence. [ 1.8.1, 1.8.2, 1.8.3, 4.8.4 ]
- \*8.2 Describe mental, emotional, and social changes related to puberty.
- 8.3 The student will use correct anatomical terms for the reproductive systems. [ 1.8.1, 1.8.2, 1.8.3, 4.8.4 ]
- 8.4 Recognize the structures and functions of the male and female reproductive system.
- 8.5 Maintain a positive and open communication with parents/guardians. [ 1.8.1, 1.8.2, 1.8.3, 4.8.3, 4.8.4 ]
- 8.6 The student will explain the importance of seeking advice from a trusted adult or medical professional when concerned about problems related to the reproductive system. [ 1.8.1, 1.8.2, 1.8.3, 4.8.3, 4.8.4 ]

### 9. Human Development and Pregnancy

- 9.1 The student will define sexual activity. [ 1.8.1, 1.8.10 ]
- 9.2 The student will identify sources of influence related to sexual activity. [ 1.8.1, 1.8.10, 2.8.2, 2.8.3, 5.8.1, 7.8.1, 8.8.2 ]
- 9.3 The student will list physical, emotional, and social consequences of sexual activity. [ 1.8.2, 1.8.3, 5.8.1, 5.8.2, 7.8.1, 7.8.4, 7.8.5, 8.8.1 ]
- 9.4 The student will describe the process of fertilization. [ 1.8.2, 1.8.3 ]
- 9.5 The student will list the signs and stages of pregnancy. [ 1.8.2 ]
- 9.6 The student will explain the physical, social, and emotional changes that parents experience during pregnancy. [ 1.8.2, 1.8.4, 5.8.2 ]
- 9.7 The student will discuss the importance of early prenatal care. [ 1.8.2, 1.8.4, 3.8.1, 3.8.2, 5.8.2, 5.8.3 ]
- 9.8 The student will identify various substances that may be harmful to the mother and developing fetus. [ 1.8.1, 1.8.6, 2.8.6, 5.8.3, 7.8.2, 8.8.1 ]
- 9.9 The students will understand the causes of fetal alcohol syndrome. [ 1.8.2, 1.8.6, 1.8.10, 5.8.3, 7.8.2 ]
- 9.10 The student will explain the physical, emotional, and social implications of a teenage pregnancy. [ 1.8.1, 1.8.2, 1.8.3, 2.8.2, 2.8.3, 3.8.1, 5.8.2, 8.8.1 ]
- 9.11 The student will determine the various responsibilities involved in parenting. [ 1.8.1, 1.8.4, 4.8.2, 4.8.3, 5.8.2, 7.8.1, 8.8.1, 8.8.2 ]

### 10. Healthy Relationships

- 10.1 The student will define healthy peer relationships. [ 1.8.1, 4.8.3, 4.8.5, 5.8.1, 6.8.3 ]
- 10.2 The student will evaluate influences on relationships. [ 1.8.3, 2.8.2, 7.8.1, 8.8.2 ]
- 10.3 The student will compare a healthy versus an unhealthy dating relationship. [ 4.8.3, 4.8.5, 7.8.1, 8.8.1 ]
- 10.4 The student will apply conflict management techniques. [ 4.8.1, 4.8.3, 4.8.5, 5.8.1, 6.8.3 ]
- 10.5 The student will understand family relationships. [ 4.8.3, 4.8.5, 7.8.1, 8.8.1 ]

### 11. Abstinence and Contraceptive Methods

- 11.1 The student will define abstinence. [ 1.8.1, 1.8.2, 1.8.3 ]
- 11.2 The student will list the physical, emotional, and social benefits of abstinence. [ 1.8.1, 1.8.2, 1.8.3, 5.8.2 ]
- 11.3 The student will practice refusal skills strategies to reinforce the decision to remain abstinent. [ 1.8.1, 2.8.3, 6.8.2 ]
- 11.4 The student will define contraceptives. [ 1.8.1, 2.8.2, 2.8.5 ]
- 11.5 The student will compare the benefits of abstinence to the effectiveness of common contraceptive methods. [ 1.8.1, 1.8.2, 1.8.3, 2.8.2, 4.8.1, 5.8.2, 7.8.1, 7.8.5 ]
- 11.6 Discuss the role of abstinence in preventing pregnancy and sexually transmitted infections. [ 1.8.1, 1.8.2, 1.8.3, 2.8.2, 4.8.1, 5.8.2, 7.8.1, 7.8.5 ]
- 11.7 Explore the positive and negative implications regarding the use of various contraceptive methods. [ 1.8.1, 1.8.2, 1.8.3, 2.8.2, 4.8.1, 5.8.2, 7.8.1, 7.8.7 ]

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### 12. Sexually Transmitted Infections

- 12.1 The student will describe how sexually transmitted infections are acquired. [ 1.8.9, 1.8.10, 2.8.5, 3.8.1, 5.8.2, 7.8.5]
- 12.2 The student will describe the symptoms of common sexually transmitted infections. [ 1.8.9, 1.8.10, 2.8.5, 3.8.1, 5.8.2, 7.8.5 ]
- 12.3 The student will explain that some sexually transmitted infections are curable and some are incurable. [ 1.8.9, 1.8.10, 2.8.5, 3.8.1, 5.8.2, 7.8.5 ]
- 12.4 The student will define HIV and AIDS. [ 1.8.9, 1.8.10, 2.8.5, 3.8.1, 5.8.2, 7.8.5 ]
- 12.5 The student will recognize that HIV is not transmitted by casual contact. [ 1.8.1, 1.8.2, 1.8.9, 1.8.10, 5.8.2, 7.8.5 ]
- 12.6 The student will describe ways to reduce the risk of sexually transmitted infections and HIV/AIDS. [ 1.8.9, 1.8.10, 2.8.5, 3.8.1, , 5.8.2, 7.8.5 ]

### 13. Unintentional Injuries and Violence

- 13.1 The student will identify risky behaviors that may cause personal injury. [ 1.8.8, 4.8.1, 4.8.2, 7.8.4 ]
- 13.2 The student will define, bullying, cyber-bullying, sexting, and harassment. [ 1.8.8, 4.8.1, 4.8.5, 7.8.4 ]
- 13.3a The student will analyze the effects of bullying, cyber-bullying, and harassment on an individual. [ 1.8.8, 4.8.1, 4.8.2, 7.8.4 ]
- 13.3b The student will identify ways to protect him/herself from bullying, cyberbullying, and harassment. [ 1.8.8, 4.8.1, 4.8.5, 7.8.4 ]
- 13.4 The student will define domestic violence, sexual assault, and human trafficking. [ 3.8.1 ]
- 13.5 The student will evaluate the impact domestic violence, sexual assault, and human trafficking has on the individual, family, and society. [ 3.8.1 ]
- 13.6 The student will identify ways to protect him/herself from domestic violence, sexual assault, and sex trafficking. [ 1.8.7, 1.8.8, 4.8.1, 4.8.3, 4.8.5, 7.8.4 ]
- 13.7 The student will identify the importance of the first responder. [ 3.8.1, 7.8.5 ]
- 13.8 The student will illustrate proper techniques for treating a variety of injuries. [ 7.8.5 ]
- 13.9a The student will perform psychomotor skills related to Hands-Only Cardiopulmonary Resuscitation (CPR) as outlined in the American Heart Association Guidelines. [ 7.8.5 ]
- 13.9b The student will discuss the purpose of an AED, how it is used, and the safety involved in using the device. [ 7.8.5]
- 13.10 The student will illustrate first-aid procedures for temperature-related conditions. [ 7.8.5 ]

### 14. Environmental/Consumer Health

- 14.1 The student will understand the link between human health and the health of the environment. [ 1.8.11, 1.8.12, 2.8.2, 2.8.4, 3.8.2, 8.8.2 ]
- 14.2 The student will understand how to prevent and/or reduce pollution. [ 1.8.11, 1.8.12, 2.8.2, 2.8.4, 3.8.2, 8.8.2]
- 14.3 The student will understand the causes and health consequences of global warming. [ 1.8.11, 1.8.12, 2.8.2, 2.8.4, 3.8.2, 8.8.2]