

Health CR

State Standard Number	State Standard Area/Description	Unit Name	Course Topic Description
1	Students shall understand characteristics relating to growth and development.		
HGD.1.HW.1	Assess the relationship between body systems and stress (e.g., heart disease, weakened immune system, diabetes)	Mental & Emotional Health	Sec C: Understanding Stress, p7
HGD.1.HW.2	Assess the affects of physical activity on the body systems		
HGD.1.HW.3	Describe the procedure to become an organ donor through various organizations such as Arkansas Regional Organ Recovery Agency (ARORA)		
HGD.1.HW.4	Examine factors related to prenatal care, pregnancy, and child birth: <ul style="list-style-type: none"> • Rh Factor • low birth weight • regular check-ups • Fetal Alcohol Syndrome (FAS) • Nutrition(e.g., adequate folic acid, iron, calcium, protein) • drug risks 	Human Sexuality	Sec E: Conception, fetal development, & birth, p5
HGD.1.HW.5	Analyze the human life-cycle: <ul style="list-style-type: none"> • infancy – childhood • adolescence – teen year • young adult – middle age • senior – death and dying 		
2	Students shall evaluate and exhibit behaviors that reduce risks of chronic and communicable diseases.		
DP.2.HW.1	Analyze communicable diseases	Preventing Disease	Sec A: Pathogens &

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	as being viral or bacterial diseases		Disease pp4,6-10,12-13
DP.2.HW.2	Identify ways to prevent and treat communicable diseases (e.g., vaccines, medications)	Preventing Disease	Sec A: Pathogens & Disease pp7-9, 12, 13 Sec B: Infections & Disease cont'd. p4
DP.2.HW.3	Identify how diseases are transmitted: <ul style="list-style-type: none"> • direct contact • indirect contact • airborne • food-borne • water-borne • animals • vectors (insects) 	Preventing Disease	Sec A: Pathogens & Disease pp3,6-9,12,13 Sec B: Infections & Disease cont'd. p3,5,8
DP.2.HW.4	Examine practices of early disease prevention and detection measures: <ul style="list-style-type: none"> • regular physical activity • proper diet • self exams • health screenings • vaccinations 	Preventing Disease	Sec A: Pathogens & Disease p11 Sec C: Chronic Diseases pp6-8
DP.2.HW.5	Review methods of HIV/STI (Sexually Transmitted Infection) transmission and contraction	Human Sexuality	Sec C: Sexually Transmitted Diseases pp4-6,9,10
DP.2.HW.6	Investigate symptoms and treatments involved with STI (e.g., initial symptoms, long-term effects, HIV/AIDS, hepatitis, vaccines, medications, counseling)	Human Sexuality	Sec C: Sexually Transmitted Diseases pp4-7,9,10
DP.2.HW.7	Examine the causes of chronic diseases (e.g., obesity, underweight/underweight, heredity, chemicals, drug use, life-style, sun exposure)	Preventing Disease	Sec C: Chronic Diseases pp6-8

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DP.2.HW.8	Analyze the relationship between chronic diseases and a healthy lifestyle (e.g., heart disease, obesity, diabetes, cancer)	Preventing Disease	Sec C: Chronic Diseases pp6-8
3	Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community and environmental health.		
CHP.3.HW.1	Identify resources in the community that will aid an individual in maintaining a healthy lifestyle (e.g., Health Department, Department of Human Services, hospitals, HIV/AIDS clinics, American Red Cross, American Heart Association, emergency management teams, State Dental Associations, mental health agencies)	Social & Consumer Health	Sec A: Governmental Agencies pp5-7
CHP.3.HW.2	Examine wellness plans dealing with health and fitness: <ul style="list-style-type: none"> • school • local • state • federal 		
CHP.3.HW.3	Evaluate factors that influence personal products and health services (e.g., media, culture)	Social & Consumer Health	Sec B: Making Good Health Choices pp9-10
CHP.3.HW.4	Discuss the validity of advertisements surrounding health supplements, food products, and gimmicks	Social & Consumer Health	Sec B: Making Good Health Choices pp9-10

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CHP.3.HW.5	Demonstrate the ability to access school and community health services for self and others	Social & Consumer Health	Sec B: Making Good Health Choices pp5-6
CHP.3.HW.6	Analyze how the environment influences the health of the community: <ul style="list-style-type: none"> quality of air and water access to recreational facilities 		
4	Students shall demonstrate the ability to use decision-making, goal setting, and interpersonal communication skills to enhance relationships and promote holistic wellness.		
HLSR.4.HW.1	Evaluate positive and negative effects of various relationships on physical and emotional health (e.g., peers, family, friendships)		
HLSR.4.HW.2	Analyze the dynamics of family roles and responsibilities relating to healthy behavior (e.g., family finances, role models, communication skills, cultural diversity, family history)		
HLSR.4.HW.3	Develop a variety of strategies and/or skills to demonstrate respect for and responsibility to self and others	Mental & Emotional Health	Sec E: Understanding & Developing Identity pp8-9
HLSR.4.HW.4	Discuss immediate and long-term impacts of health decisions on the individual, family, and community (e.g., sexual activity, teen pregnancy, oral health, immunizations, drug use, addictions, medical check-ups)	Human Sexuality	Sec C: Sexually Transmitted Diseases p7

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HLSR.4.HW.5	Analyze the importance of sexual abstinence in teen relationships (e.g., disease prevention, pregnancy prevention, emotional issues)	Human Sexuality	Sec D: Dating, sex & abstinence p3
HLSR.4.HW.6	Describe how relationships are affected when an individual becomes sexually active: <ul style="list-style-type: none"> • emotions • loss of self respect • family relationships 	Human Sexuality	Sec A: Physical Anatomy & Development p9
HLSR.4.HW.7	Develop strategies for eliminating high-risk behaviors associated with sexual activity (e.g., abstinence, contraception, refusal skills, risky behaviors)	Human Sexuality	Sec B: Introduction to Contraception pp3,6,8 Sec D: Dating, sex & abstinence pp4,5
HLSR.4.HW.8	Analyze the social and legal implications of living with an STI or HIV/AIDS (e.g., testing, confidentiality, social stigmas)	Human Sexuality	Sec C: Sexually Transmitted Diseases p7
HLSR.4.HW.9	Identify strategies to use when faced with potentially troublesome situations (e.g., self-control, decision making, setting boundaries)	Mental & Emotional Health Human Sexuality Drug, alcohol, & tobacco awareness	Sec A: Types of health p8 Sec D: Dating, sex & abstinence pp3-5 Sec B: Illegal drug awareness p12 Sec C: Tobacco awareness pp6,7

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HLSR.4.HW.10	Utilize effective coping skills and other refusal skills: <ul style="list-style-type: none"> • defense mechanisms • appropriate and inappropriate communication skills (e.g., role playing, guided practice) 	Mental & Emotional Health Human Sexuality	Sec B: Understanding Emotions pp8-11 Sec D: Dating, sex, & abstinence pp4,5
5	Students shall demonstrate the ability to use drug knowledge and decision-making skills to address the use and abuse of medication, alcohol, tobacco, and other drugs.		
ATOD.5.HW.1	Evaluate personal usage and effects of prescription and non-prescription drugs or over-the-counter medicine (e.g., abuse, misuse, combining medications, dependency, side effects, financial costs)	Drug, alcohol, & tobacco awareness	Sec B: Illegal Drug Awareness pp3,5
ATOD.5.HW.2	Evaluate the harmful effects of tobacco use: <ul style="list-style-type: none"> • cardiovascular disease • second-hand smoke • cancer • emphysema • gum disease • financial cost 	Drug, alcohol, & tobacco awareness	Sec C: Tobacco Awareness pp4,5
ATOD.5.HW.3	Appraise methods for cessation of tobacco use (e.g., patch, gum, treatment programs)	Drug, alcohol, & tobacco awareness	Sec C: Tobacco Awareness p4
ATOD.5.HW.4	Investigate the effects of alcohol abuse: <ul style="list-style-type: none"> • liver disease • fetal alcohol syndrome (FAS) • relationship dynamics 	Drug, alcohol, & tobacco awareness	Sec A: Alcohol Awareness pp4-7

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ATOD.5.HW.5	Assess the dangers associated with binge drinking (e.g., DUI, death, physical symptoms of alcohol poisoning, high-risk behaviors)	Drug, alcohol, & tobacco awareness	Sec A: Alcohol awareness p4
ATOD.5.HW.6	Assess the effects of legal and illegal drugs on the body: <ul style="list-style-type: none"> • short term • long term • physiological • psychological 	Drug, alcohol, & tobacco awareness	Sec B: Illegal drug awareness pp5-7,9-12
ATOD.5.HW.7	Investigate treatment options for alcohol and drug abuse (e.g., AA, resident treatment centers, detoxification centers)		
ATOD.5.HW.8	Design and implement a personal action plan for avoiding the use of harmful products (e.g., personal journal, research paper, counseling, personal health behavior contract)	Mental & Emotional Health	Sec A: Types of health p8
6	Students shall recognize and practice health-enhancing behaviors to avoid or reduce health risks.		
PHS.6.HW.1	Reinforce and practice habits that promote personal hygiene		

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PHS.6.HW.2	<p>Discuss the importance of personal care of the body focusing on the following:</p> <ul style="list-style-type: none"> • skin, hair, and nails • teeth and mouth • eyes • ears 		
PHS.6.HW.3	<p>Demonstrate an awareness of oral health knowledge with a focus on the following areas:</p> <ul style="list-style-type: none"> • affects of overall health • oral care • oral diseases • affects of tobacco products • nutrition • body piercing 		
PHS.6.HW.4	<p>Describe the relationship between oral diseases and other diseases that affect the body (e.g., stomach disorders, low birth weight, heart disease, oral cancers)</p>		
PHS.6.HW.5	<p>Demonstrate proper use of protective equipment in an emergency situation (e.g., gloves, mask, survival kit)</p>		
PHS.6.HW.6	<p>Demonstrate basic life support procedures used in an emergency situation (e.g., CPR, AED, choking, poisonings)</p>	First Aid & CPR	<p>Sec A: Adult & Child CPR pp6-10 Sec B: First Aid pp5-10 Sec C: Special Situations & Safety pp4,5</p>
PHS.6.HW.7	<p>Understand the importance of local emergency services and their role in the emergency response system (e.g., 911 dispatcher, police department, paramedic, fire department)</p>		

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PHS.6.HW.8	Identify physical, emotional, and legal consequences of abusive and risky situations (e.g., teen pregnancy, sexual abuse, date rape, DUI, seat belts, Internet dangers)	Human Sexuality	Sec D: Dating, sex, & abstinence pp7-8
PHS.6.HW.9	Identify healthy and unhealthy behaviors in relationships (e.g., jealousy, communication skills, controlling, co-dependency)	Human Sexuality	Sec D: Dating, sex, & abstinence p3
PHS.6.HW.10	Determine safe and unsafe situations at home, at school, and in the community: <ul style="list-style-type: none"> • fire safety • traffic safety • Internet safety • home safety • gun safety • food handling safety 	First Aid & CPR	Special Situations & Safety pp7,8
PHS.6.HW.11	Identify sources to ask for help in an emergency and a non-emergency (e.g., crisis center, hotlines, emergency numbers, counselor, self-help programs)	Mental & Emotional Health	Sec D: Understanding Depression, Suicide, & Death pp6,13
PHS.6.HW.12	Identify short term and long term effects of stress and depression (e.g., appetite, sleep patterns, low activity level, personality change)	Mental & Emotional Health	Sec C: Understanding Stress p7
PHS.6.HW.13	Identify the warning signs of suicide	Mental & Emotional Health	Sec D: Understanding Depression, Suicide, & Death p8

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7	Students shall understand concepts related to nutrition and develop skills for making healthy food choices.		
N.7.HW.1	Analyze personal food intake or eating habits for the inclusion of adequate nutrients to avoid common chronic diseases (e.g., MyPyramid, personal food journal, nutrition labels)	Social & Consumer Health Nutrition	Sec B: Making Good Health Choices pp3,4 Sec A: Food Pyramid pp5,7,10,12,14 Sec B: Essential Nutrients & Exercise p13
N.7.HW.2	Analyze and appraise health consequences associated with eating disorders: <ul style="list-style-type: none"> • bulimia • anorexia • compulsive overeater 	Mental & Emotional Health	Sec E: Understanding & Developing Identity p11
N.7.HW.3	Evaluate personal healthy-eating plan as compared to “Dietary Guidelines for Americans” (e.g., MyPyramid, weight management)	Nutrition	Sec B: Essential Nutrients & Exercise p11
N.7.HW.4	Identify appropriate eating patterns to promote a healthy lifestyle		
N.7.HW.5	Understand the importance of appropriate hydration in maintaining health		



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N.7.HW.6	Compare a variety of diets with the "Dietary Guidelines for Americans" analyzing nutritional value		
N.7.HW.7	Analyze the relationship between caloric intake and daily physical activity	Nutrition	Sec B: Essential Nutrients & Exercise p12