

## Health CR

State Standard Number	State Standard Area/Description	Unit Name	Course Topic Description
22	Understand principles of health promotion and the prevention and treatment of illness and injury.	covered throughout the entire course	
22.A	Explain the basic principles of health promotion, illness prevention and safety.	Preventing Disease First Aid & CPR	Pathogens & Disease (illness prevention) Special Situations & Safety (safety)
22.A.4a	Compare and contrast communicable, chronic and degenerative illnesses (e.g., influenza, cancer, arthritis).		
22.A.4b	Analyze possible outcomes of effective health promotion and illness prevention (e.g., reduction in stress, improved fitness, lessened likelihood of injury and illness).		
22.A.4c	Demonstrate basic procedures in injury prevention and emergency care that can be used in the home, workplace, and community (e.g., first aid, CPR).	First Aid & CPR	whole unit
22.A.4d	Research and report about a career involved in health promotion, health care and injury prevention.		
22.B	Describe and explain the factors that influence health among individuals, groups and communities.		
22.B.4	Explain social and economic effects of health problems on individuals and society (e.g., cost of health care, reduction in productivity).		
22.C	Explain how the environment can affect health.		
22.C.4	Analyze how environmental conditions can affect health on a large scale (e.g., acid rain, oil spills, solid waste contamination, nuclear leaks, ozone depletion).		

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23	Understand human body systems and factors that influence growth and development.	Human Sexuality	Physical Anatomy & Development
23.A	Describe and explain the structure and functions of the human body systems and how they interrelate.		
23.A.4	Explain how body system functions can be maintained and improved (e.g., exercise, nutrition, safety).		
23.B	Explain the effects of health-related actions on the body systems	Nutrition	Food Pyramid
23.B.4	Explain immediate and long-term effects of health habits on the body systems (e.g., diet/heart disease, exercise/fat reduction, stress management/emotional health).		
23.C	Describe factors that affect growth and development.		
23.C.4	Describe changes in physical health and body functions at various stages of the life cycle.	Human Sexuality	Physical Anatomy & Development

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24	Promote and enhance health and well-being through the use of effective communication and decision-making skills.	Preventing Disease	Pathogens & Disease
24.A	Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict.		
24.A.4a	Describe the effects (e.g., economic losses, threats to personal safety) of conflict and violence upon the health of individuals, families and communities.		
24.A.4b	Formulate strategies to prevent conflict and resolve differences.		
24.B	Apply decision-making skills related to the protection and promotion of individual health.	Mental & Emotional Health	Types of Health
24.B.4	Explain how decision making affects the achievement of individual health goals.	Human Sexuality	Dating, Sex, & Abstinence
24.C	Demonstrate skills essential to enhancing health and avoiding dangerous situations.		



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24.C.4	Formulate a plan to achieve individual health goals.		
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