



Alignment Document
State of New York and Aventa Learning Health

Health
2005-2007 Benchmark Blueprint

Standard	Goals	Band	Benchmarks	Unit Name	Course Topic Description
1 Personal Health and Fitness. Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.	1 Students will understand human growth and development and recognize the relationship between behaviors and healthy development. They will understand ways to promote health and prevent disease and will demonstrate and practice positive health behaviors.	Health Education	Understand human growth and development throughout the life cycle	Mental Health	Emotional Health
				Mental Health	Social Health
				Human Sexuality	Adolescence
			Demonstrate the necessary knowledge and skills to promote healthy development into adulthood	Human Sexuality	Human Sexuality
				Human Sexuality	Hormones
				Human Sexuality	Male Anatomy
				Human Sexuality	Female Anatomy
				Human Sexuality	Adolescence
				Human Sexuality	Sexual Activity
				Human Sexuality	Intro to Contraceptives
Human Sexuality	STD's				
Human Sexuality	Abstinence				
Disease	Infectious Disease				



				Disease	Pathogens
				Disease	Childhood Infectious Diseases
				Disease	Common Infectious Diseases
				Disease	Chronic Diseases
				Nutrition	My Pyramid
				Nutrition	Fad Diets
				Nutrition	Calories and Physical Activity
				Consumer Health	Governmental Agencies - National
				Consumer Health	Governmental Agencies - Federal
				Consumer Health	Governmental Agencies – State or Local
				Consumer Health	Non-Profit Health Agencies
				Consumer Health	How to Read a Label
				Consumer Health	How to Choose a Dr (or other health care professional)
				Consumer Health	How to choose a hospital
				Consumer Health	Consumer Rights



				Consumer Health	Health Advertising Techniques
				Consumer Health	Health Fraud & Quackery
				Consumer Health	Health Insurance - Medicare
				First Aid	CPR and First Aid
				First Aid	Choking
				First Aid	Good Samaritan Laws
				First Aid	Traumatic Shock
				First Aid	Bleeding
				First Aid	Burns
				First Aid	Eye Injuries
				First Aid	Fractures
				Alcohol, Drugs and Tobacco	Alcohol
				Alcohol, Drugs and Tobacco	Drugs
				Alcohol, Drugs and Tobacco	Tobacco
				Alcohol, Drugs and Tobacco	Addiction
			Apply prevention and risk reduction	Mental Health	Theories of Personality



			strategies which can delay the onset or reduce the risk of potential health problems into adulthood	Mental Health	Anxiety (Stress)
				Mental Health	Depression
				Mental Health	ADHD
				Mental Health	Additional Mental Disorders
				Mental Health	Eating Disorders
				Mental Health	Suicide
				Mental Health	Defense Mechanism
				Mental Health	Grieving
				Mental Health	Communication with Family, Peers, and Others
				Human Sexuality	Adolescence
				Human Sexuality	Sexual Activity
				Human Sexuality	Intro to Contraceptives
				Human Sexuality	Sexual Transmitted Diseases
				Human Sexuality	Bacterial STD's
				Human Sexuality	Rape
				Human Sexuality	Abstinence
				Human Sexuality	Abortion



				Disease	Infectious Disease
				Disease	Pathogens
				Disease	Introduction to Childhood Infectious Diseases
				Disease	Common Infectious Diseases
				Disease	Chronic Diseases
				Nutrition	My Pyramid
				Nutrition	Fad Diets
				Nutrition	Calories and Physical Activity
				Consumer Health	Governmental Agencies - National
				Consumer Health	Governmental Agencies - Federal
				Consumer Health	Governmental Agencies – State or Local
				Consumer Health	Non-Profit Health Agencies
				Consumer Health	How to Read a Label
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				Consumer Health	Consumer Rights
				Consumer Health	Health Advertising Techniques
				Consumer Health	Health Fraud & Quackery
				Consumer Health	Health Insurance - Medicare
				First Aid	CPR and First Aid
				First Aid	Choking
				First Aid	Good Samaritan Laws
				First Aid	Traumatic Shock
				First Aid	Bleeding
				First Aid	Burns
				First Aid	Eye Injuries
				First Aid	Fractures
				First Aid	Snakebites
				Alcohol, Drugs and Tobacco	Alcohol
				Alcohol, Drugs and Tobacco	Drugs
				Alcohol, Drugs and Tobacco	Tobacco



				Alcohol, Drugs and Tobacco	Addiction
			Evaluate how the multiple influences which affect health decisions and behaviors can be altered	Introduction	The Decide Model
				Mental Health	Theories of Personality
				Mental Health	Anxiety (Stress)
				Mental Health	Depression
				Mental Health	ADHD
				Mental Health	Additional Mental Disorders
				Mental Health	Eating Disorders
				Mental Health	Suicide
				Mental Health	Defense Mechanism
				Mental Health	Grieving
				Mental Health	Communication with Family, Peers, and Others
				Human Sexuality	Human Sexuality
				Human Sexuality	Hormones
				Human Sexuality	Male Anatomy
				Human Sexuality	Female Anatomy
				Human Sexuality	Adolescence
			Human Sexuality	Sexual Activity	



				Human Sexuality	Intro to Contraceptives
				Human Sexuality	Sexual Transmitted Diseases
				Human Sexuality	Bacterial STD's
				Human Sexuality	Rape
				Human Sexuality	Abstinence
				Human Sexuality	Abortion
				Disease	Infectious Disease
				Disease	Pathogens
				Disease	Introduction to Childhood Infectious Diseases
				Disease	Common Infectious Diseases
				Disease	Chronic Diseases
				Nutrition	My Pyramid
				Nutrition	Fad Diets
				Nutrition	Calories and Physical Activity
				Consumer Health	Governmental Agencies - National
				Consumer Health	Governmental Agencies -



					Federal
				Consumer Health	Governmental Agencies – State or Local
				Consumer Health	Non-Profit Health Agencies
				Consumer Health	How to Read a Label
				Consumer Health	How to Choose a Dr (or other health care professional)
				Consumer Health	How to choose a hospital
				Consumer Health	Consumer Rights
				Consumer Health	Health Advertising Techniques
				Consumer Health	Health Fraud & Quackery
				First Aid	CPR and First Aid
				First Aid	Choking
				First Aid	Good Samaritan Laws
				First Aid	Traumatic Shock
				First Aid	Bleeding
				First Aid	Burns
				First Aid	Eye Injuries
				First Aid	Fractures



				First Aid	Snakebites
				Alcohol, Drugs and Tobacco	Alcohol
				Alcohol, Drugs and Tobacco	Drugs
				Alcohol, Drugs and Tobacco	Tobacco
				Alcohol, Drugs and Tobacco	Addiction
			Analyze personal dietary patterns and develop dietary plans to meet changing nutritional requirements	Nutrition	My Pyramid
				Nutrition	Fad Diets
				Nutrition	Calories and Physical Activity
				Consumer Health	How to Read a Label
				Consumer Health	How to Choose a Dr (or other health care professional)
				Consumer Health	How to choose a hospital
				Consumer Health	Health Advertising Techniques
				Consumer Health	Health Fraud & Quackery
			Evaluate a case study to determine strategies for health enhancement and risk reduction		

			Identify the consequences associated with engaging in high risk behaviors which compromise health, such as smoking, violent behavior, or driving under the influence of alcohol/drugs	Human Sexuality	Sexual Activity
				Human Sexuality	Sexual Transmitted Diseases
				Human Sexuality	Bacterial STD's
				Human Sexuality	Rape
				Alcohol, Drugs and Tobacco	Alcohol
				Alcohol, Drugs and Tobacco	Drugs
				Alcohol, Drugs and Tobacco	Tobacco
				Alcohol, Drugs and Tobacco	Addiction
			Identify the characteristics of social and emotional health which are critical to adulthood	Mental Health	Theories of Personality
				Mental Health	Anxiety (Stress)
				Mental Health	Depression
				Mental Health	ADHD
				Mental Health	Additional Mental Disorders
				Mental Health	Eating Disorders
				Mental Health	Suicide
				Mental Health	Defense Mechanism
				Mental Health	Grieving

				Mental Health	Communication with Family, Peers, and Others
<p>1 Students will perform basic motor and manipulative skills. They will attain competency in a variety of physical activities and proficiency in a few select complex motor and sports activities. Students will design personal fitness programs to improve cardiorespiratory endurance, flexibility, muscular strength, endurance, and body composition.</p>	Physical Education	Demonstrate proficiency in selected complex physical activities (games, sports, exercises) that provide conditioning for each fitness area			
		Establish and maintain a high level of skilled performance, demonstrate mastery of fundamental movement forms and skills that can contribute to daily living tasks, and analyze skill activities			
		Make physical activity an important part of their life and recognize such consequent benefits as self-renewal, greater productivity as a worker, more energy for family activities, and reduction in health care costs			
		Use the basic principles of skill analysis to improve previously acquired skills and to continue to learn new skills and activities			
		Know the components of personal wellness (nutrition and weight control, disease prevention, stress management, safety, and physical fitness), establish a personal profile with fitness/wellness goals, and engage in appropriate activities to improve or sustain their fitness			
		Follow a program that relates to wellness, including weight control and stress management			
		Demonstrate competence in leading			

			and participating in group activities		
			Demonstrate basic competence in a variety of physical activities, and intermediate to advanced competence in at least three activities, selected from the categories of aquatics; self defense; dance; individual, dual, and team activities; and outdoor pursuits		
			Demonstrate combinations of mature motor patterns as they apply to a variety of activities, games, and sports (e.g., volleyball serve or basketball lay-up)		
			Analyze their own and others' performance through the application of movement principles (e.g., adjust forward throw of ball by analysis of follow-through landing related to the principles of rotation and force)		
			Analyze offensive and defensive strategies in games and sports		
			Design a personal fitness/wellness program		
			Demonstrate alternative activities and assessments for health-related fitness components		
			Modify a fitness plan to accommodate space limitations, environmental conditions, and/or time constraints		
			Demonstrate a variety of skills and activities that can be enjoyed throughout adult life		
			Use video taping to study effectiveness of an		

			offensive/defensive strategy			
<p>2 A Safe and Healthy Environment. Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p>	<p>1 Students will demonstrate personally and socially responsible behaviors. They will care for and respect themselves and others. They will recognize threats to the environment and offer appropriate strategies to minimize them.</p>	Health Education	Recognize hazardous conditions in the home, school, work place, and community and propose solutions to eliminate or reduce them	First Aid	CPR and First Aid	
				First Aid	Choking	
				First Aid	Traumatic Shock	
				First Aid	Bleeding	
				First Aid	Burns	
				First Aid	Eye Injuries	
				First Aid	Fractures	
				First Aid	Snakebites	
				Evaluate personal and social skills which contribute to health and safety of self and others	Introduction	Introduction to Health and Wellness
					Introduction	Health Education
	Introduction	Mental Health				
	Introduction	Emotional Health				
	Introduction	Social Health				
	Introduction	Physical Health				
	Introduction	Technology, Medical Advances and Impact on Health				
	Introduction	The Decide Model				
	Mental Health	Theories of Personality				



				Mental Health	Anxiety (Stress)
				Mental Health	Depression
				Mental Health	Eating Disorders
				Mental Health	Suicide
				Mental Health	Defense Mechanism
				Mental Health	Grieving
				Mental Health	Communication with Family, Peers, and Others
				Human Sexuality	Sexual Activity
				Human Sexuality	Sexual Transmitted Diseases
				Human Sexuality	Bacterial STD's
				Human Sexuality	Rape
				Human Sexuality	Abstinence
				Human Sexuality	Abortion
				Disease	Infectious Disease
				Disease	Pathogens
				Disease	Introduction to Childhood Infectious Diseases
				Disease	Common Infectious



					Diseases
				Disease	Chronic Diseases
				Nutrition	My Pyramid
				Nutrition	Fad Diets
				Nutrition	Calories and Physical Activity
				Consumer Health	How to Read a Label
				Consumer Health	How to Choose a Dr (or other health care professional)
				Consumer Health	How to choose a hospital
				Consumer Health	Consumer Rights
				Consumer Health	Health Advertising Techniques
				Consumer Health	Health Fraud & Quackery
				First Aid	CPR and First Aid
				First Aid	Choking
				First Aid	Good Samaritan Laws
				First Aid	Traumatic Shock
				First Aid	Bleeding
				First Aid	Burns

				First Aid	Eye Injuries
				First Aid	Fractures
				First Aid	Snakebites
				Alcohol, Drugs and Tobacco	Alcohol
				Alcohol, Drugs and Tobacco	Drugs
				Alcohol, Drugs and Tobacco	Tobacco
				Alcohol, Drugs and Tobacco	Addiction
			Recognize how individual behavior affects the quality of the environment	Consumer Health	Governmental Agencies
				Consumer Health	Non-Profit Health Agencies
				Consumer Health	Consumer Rights
				Consumer Health	Health Advertising Techniques
			Design and implement a plan to improve safety in the home, school, workplace or community		
			Use universal precautions and apply first aid, CPR. and other emergency procedures appropriately	First Aid	CPR and First Aid
				First Aid	Choking
				First Aid	Good Samaritan Laws
				First Aid	Traumatic Shock



				First Aid	Bleeding
				First Aid	Burns
				First Aid	Eye Injuries
				First Aid	Fractures
				First Aid	Snakebites
			Describe and demonstrate appropriate strategies to avoid or cope with potentially dangerous situations, such as dating violence or assault	Human Sexuality	Date Rape
				Human Sexuality	Rape
				Human Sexuality	Statutory Rape
				Mental Health	Defense Mechanism
			Develop community approaches which enhance and protect the quality of the environment	Consumer Health	Governmental Agencies - National
				Consumer Health	Governmental Agencies - Federal
				Consumer Health	Governmental Agencies – State or Local
				Consumer Health	Non-Profit Health Agencies
			Analyze how health laws, policies and regulations protect personal and environmental safety	Consumer Health	Governmental Agencies - National
				Consumer Health	Governmental Agencies - Federal
				Consumer Health	Governmental Agencies – State or Local
				Consumer Health	Non-Profit Health Agencies



				Consumer Health	Consumer Rights
				Consumer Health	Health Advertising Techniques
				Consumer Health	Health Fraud & Quackery
			Demonstrate ways to care for and show respect for self and others.	Human Sexuality	Human Sexuality
				Human Sexuality	Hormones
				Human Sexuality	Male Anatomy
				Human Sexuality	Female Anatomy
				Human Sexuality	Adolescence
				Human Sexuality	Sexual Activity
				Human Sexuality	Intro to Contraceptives
				Human Sexuality	Rape
				Human Sexuality	Abstinence
				Human Sexuality	Abortion
				Nutrition	My Pyramid
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				Consumer Health	How to Read a Label
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				First Aid	Burns
				First Aid	Eye Injuries
				First Aid	Fractures
				First Aid	Snakebites
				Alcohol, Drugs and Tobacco	Alcohol
				Alcohol, Drugs and Tobacco	Drugs
				Alcohol, Drugs and Tobacco	Tobacco

				Alcohol, Drugs and Tobacco	Addiction
<p>1 Students will demonstrate responsible personal and social behavior while engaged in physical activity. They will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication. Students will be able to identify safety hazards and react effectively to ensure a safe and positive experience for all participants.</p>	Physical Education	Know the potential safety hazards associated with a wide variety of games and activities and are able to prevent and respond to accidents			
		Demonstrate responsible personal and social behavior while engaged in physical activities			
		Accept physical activity as an important part of life. Self-renewal, productivity as a worker, energy for family activities, fitness, weight control, stress management, and reduction in health-care costs are understood as benefits of physical activity			
		create a positive climate for group activities by assuming a variety of roles			
		Understand the physical, social, and emotional benefits of physical activity and can demonstrate leadership and problem solving through participation in organized games or activities			
		Plan an activity to provide for the safety of participants, taking into consideration the physical abilities of the participants, the conditions of the facility, and the equipment available			
		Describe the dangers of overexertion, hypothermia, and heat exhaustion in outdoor activities, with			

			some preventive measures and first aid treatments for each		
			Identify responsible action and available resources that can be used in the event of an accident or illness incurred during physical activity		
			Take on the role of a coach, responsible for problem solving and conflict management on behalf of the team		
			Demonstrate a sensitivity and respect for all individuals, regardless of ability, gender, or other characteristics		
			Practice fairness, self-control, and initiative when assuming the role of captain or official		
			Model sportsmanlike behavior		
3 Resource Management. Students will understand and be able to manage their personal and community resources.	Students: demonstrate an understanding of business, marketing, and multinational economic concepts, perform business-related mathematical computations, and analyze/interpret business-related numerical information.	1 Basic Business Understanding	Explain the meaning of basic business and global economic terms		
			Provide examples of typical problems (e.g., declining sales, outdated hardware) that could arise in a business and explain how steps in the decision-making process could be used to solve such problems		
			Use spreadsheet software to forecast expenses for a business for three consecutive years		
			Interpret a 10-year graph of the Gross National Product (GNP) or Gross Domestic Product (GDP)		
			Demonstrate an understanding of		

			basic international business concepts		
			Identify and locate major cities and trade regions throughout the world		
	Students: select, apply, and troubleshoot hardware and software used in the processing of business transactions.	2 Business-Related Technology	Use touch keyboarding techniques to produce business documents (e.g., letters, memorandums, reports)		
			Use the components of various business technologies (e.g., CPU, disk drive, CD-ROM, modem, fax machine, scanner)		
			Enter data into various technological systems, using a variety of input devices (e.g., handwriting, keyboard, mouse, scanner, voice recognition)		
			Produce business documents and reports, using appropriate technology (e.g., business letter/word processing; business graphs and charts/spreadsheet and graphics software; inventory control reports/hand-held bar code scanners)		
			Use word processing software to prepare a form letter and do a mail merge soliciting customers for a simulated business		
			Use electronic media (e.g., e-mail, Internet/World Wide Web, fax) to communicate internationally		
	Students: prepare, maintain, interpret/analyze, and transmit/distribute	3 Information Management/Communication	Compose and produce simple business documents (e.g., letters, memos, reports)		
			Prepare and deliver a three-minute		

	<p>information in a variety of formats while demonstrating the oral, nonverbal, and written communication skills essential for working in today's international service-/information-/technological-based economy.</p>		<p>oral presentation using at least one visual aid (e.g., marketing research report, stock market analysis)</p>		
			<p>Identify and interpret positive/negative facial expressions and other body language indicators</p>		
			<p>Identify and explain how and why specialized communication tools are used (e.g., voice mail, electronic mail, beepers, pagers)</p>		
			<p>Use simple electronic databases and spreadsheet information systems to manage a membership list or prepare a payroll ledger</p>		
			<p>Recognize challenges in business related to people speaking various languages</p>		
			<p>Identify international cultural similarities and differences and explain their relationship to international trade</p>		
	<p>Students: demonstrate an understanding of the interrelatedness of business, social, and economic systems/subsystems.</p>	<p>4 Business Systems</p>	<p>Identify and explain the social, organizational, economic, business, and technological systems that stimulated the transition from an agricultural-based economy through an industrial-based economy to the current service-/information-/technological-based economy</p>		
			<p>Identify and explain aspects of basic systems that typically function in a business enterprise (e.g., administrative, financial, marketing)</p>		
			<p>Diagram the components (input, processing, output, feedback) of a typical business system and explain</p>		



			what documents/materials/products are used in each component (e.g., billing, legal, marketing)		
			Explain and provide examples of the interrelationship of the free enterprise system and the marketing concept		
			Identify basic features of the sole proprietorship, partnership, corporation, and franchise systems, and decide which form of organization would be best for given situations		
			Identify the currency systems of major countries and calculate currency exchange transactions		