



# Glencoe Health

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STANDARDS	PAGE REFERENCES
<p><b>1.1 The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition.</b> To meet this standard, the student will:</p>	
	<p><b>1.1 Develop fundamental and complex movement skills, as developmentally appropriate.</b></p>
<p>Apply movement principles and skills to complex activities that enhance a physically active life.</p>	<p><b>Student Edition:</b> 80-86, 87-92 <b>Teacher Wraparound Edition:</b> GS 75</p>
	<p><b>1.2. Safely participates in a variety of developmentally appropriate physical activities.</b></p>
<p>Incorporate safety procedures into activities and individual fitness plans for leisure and employment.</p>	<p><b>Student Edition:</b> 94-97, 98-103 <i>Hands-On Health</i> 397 <b>Teacher Wraparound Edition:</b> Di 96; Ex 101; GS 102; HL 96, 100; MA 95, 99; WT 83</p>

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<p><b>1.3. Understand the concepts of health-related physical fitness and develop and monitor progress on personal fitness goals.</b></p>	
<p>Develop and monitor progress on individualized fitness goals based on fitness profiles and national guidelines, in relation to work, fitness activities, and leisure.</p>	<p><b>Student Edition:</b>            7-8, 34-36, 80-86, 87-92, 93-97  <i>Hands-On Health</i> 35  <i>Health Skills Application</i> 23 #1  <b>Teacher Wraparound Edition:</b>            CC 88; CLA 81; CT 78; HC 84; HL 76, 90; SW 75</p>
<p><b>1.4. Understand the relationship of nutrition and food nutrients to physical performance and body composition.</b></p>	
<p>Develop and monitor progress on personal nutritional goals based on national dietary guidelines and individual needs.</p>	<p><b>Student Edition:</b>            110-113, 114-121, 122-129, 130-137, 157-163  <i>Parental Involvement</i> 139, 165  <b>Teacher Wraparound Edition:</b>            CLA 125, 161; CI 148; CT 125; Di 128; HL 146; SW 119</p>
<p>Compare and contrast the application of movement, fitness, and nutrition concepts to safe work practices and leisure activities.</p>	<p><b>Student Edition:</b>            74-79, 80-86, 87-92, 93-97, 98-103, 110-113, 122-129, 144-150, 157-163  <i>Hands-On Health</i> 118  <i>Recalling the Facts</i> 107 #7  <i>Time Health</i> 104, 164  <b>Teacher Wraparound Edition:</b>            GS 75; HC 84; HL 76, 90; SW 75</p>
<p><b>2. The student acquires the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely. To meet this standard, the student will:</b></p>	
<p><b>2.1. Recognize patterns of growth and development.</b></p>	
<p>Identify and plan for coping with situations related to the physical, social, and emotional transition from adolescence to adulthood as related to reproductive health.</p>	<p><b>Student Edition:</b>            33-36, 230-233, 302-306, 308, 313-317, 338, 514-519  <i>Health Skills Activity</i> 56, 155, 232, 407  <i>Thinking Critically</i> 36 #4; 187 #4  <i>Time Health</i> 192, 218, 268, 480  <b>Teacher Wraparound Edition:</b>            CL 310; CLA 30, 161; Dw 176; HC 304; HL 310; MA 35; RC 34</p>

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Develop strategies to manage hereditary factors that affect growth, development, and health.	<p><b>Student Edition:</b> 12, 426, 498-503, 680 <i>Health Skills Activity</i> 509 #3 <i>Time Health</i> 508</p> <p><b>Teacher Wraparound Edition:</b> CLA 12; CT 679; Dw 499; Ex 426; RC 424</p>
Describe how nutrition, rest, exercise, disease, and substance abuse influence health throughout the life span.	<p><b>Student Edition:</b> 6, 10-12, 20, 74-79, 87-92, 127-129, 318-323, 546-547, 566-567, 592-597 <i>Applying Health Skills</i> 92 <i>Hands-On Health</i> 76, 118, 607 <i>Time Health</i> 104, 436</p> <p><b>Teacher Wraparound Edition:</b> CC 88; Ex 75; HL 31; HM 115; MA 35; RC 6; WT 11</p>
<b>2.2. Understand the concept of control and prevention of disease.</b>	
Evaluate the effect and validity of personal health practices, public policies, research, and medical advances on the prevention and control of non-communicable diseases.	<p><b>Student Edition:</b> 134-137, 391-393, 408, 423-427, 674-680, 681-687, 688-694 <i>Time Health</i> 22, 138, 436</p> <p><b>Teacher Wraparound Edition:</b> Ac 162, 408; CLA 392; DW 450; MA 22, 55, 420; SW 404</p>
Evaluate the effect and validity of personal health practices, public policies, research, and medical advances on the prevention and control of communicable diseases.	<p><b>Student Edition:</b> 433-435, 622-626; 627-634; 635-641; 648-651; 652-657, 658-661 <i>Time Health</i> 642</p> <p><b>Teacher Wraparound Edition:</b> CLA 660; Di 649; FYI 640; MA 433, 639</p>
<b>2.3. Acquire skills to live safely and reduce health risks.</b>	
Describe the responsibilities associated with abstinence, sexual activity, and the avoidance of pregnancy and sexually transmitted diseases (STDs).	<p><b>Student Edition:</b> 20, 318-323, 472 <i>Hands-On Health</i> 650 <i>Health Skills Activity</i> 325 <i>Recalling the Facts</i> 326 #11 <i>Thinking Critically</i> 21 #5</p> <p><b>Teacher Wraparound Edition:</b> CLA 656, 660; GS 320</p>

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Develop strategies for self and others to promote non-abusive and safe environments and to demonstrate safe and respectful behaviors at home, school, and in the community.	<p><b>Student Edition:</b> 18-20, 95-97, 98-103, 286-290, 330-334, 335-340, 341-347, 348-353, 565-566 <i>Applying Health Skills</i> 97 <i>Hands-On Health</i> 397 <i>Parental Involvement</i> 355</p> <p><b>Teacher Wraparound Edition:</b> Ac 96; CLA 332, 337; En 290; HC 338; HL 100; MA 99; QD 346</p>
Maintain emergency first-aid skills to assist self and others, when necessary.	<p><b>Student Edition:</b> 736-741, 742-748, 749-754; 755-759</p> <p><b>Teacher Wraparound Edition:</b> GS 744; HSA 739; MA 744, 747, 751</p>
Develop strategies to manage stress and know how to modify these strategies throughout life.	<p><b>Student Edition:</b> 31, 199-204, 205-209 <i>Applying Health Skills</i> 32, 285, 497 <i>Hands-On Health</i> 449 <i>Writing Critically</i> 221 #1</p> <p><b>Teacher Wraparound Edition:</b> CL 208; CLA 201; Di 201; En 204; HC 203; MA 190; SW 199, 208</p>
Analyze the implications of decisions regarding the use of nicotine, alcohol, and other drugs, based on laws, and the steps leading to dependence or addiction.	<p><b>Student Edition:</b> 94-95, 161, 343, 351, 540-545, 562-567, 568-573, 586-591, 592-597, 599-602, 603-610 <i>Applying Health Skills</i> 163 <i>Thinking Critically</i> 213 #5</p> <p><b>Teacher Wraparound Edition:</b> Di 95; MA 95; WT 216</p>
	<p><b>3. The student analyzes and evaluates the impact of real-life influences on health.</b> <b>To meet this standard, the student will:</b></p>
	<p><b>3.1. Understand how environmental factors affect one’s health (air, water, noise, chemicals).</b></p>
Assess how the environment impacts choosing healthy places to live, work, and recreate.	<p><b>Student Edition:</b> 13, 111, 551-555, 725-729, 766-771, 772-776</p> <p><b>Teacher Wraparound Edition:</b> Ac 13; CLA 470; HC 778; HL 14, 76; MA 770, 767; SW 697</p>

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<b>3.2. Gather and analyze health information.</b>	
Evaluate the accuracy and usefulness of health information for selection of products and services.	<p><b>Student Edition:</b>  32, 48-53, 54-59, 64-67  <i>Applying Health Skills</i> 59, 67, 137  <i>Health Skills Application</i> 165 #3  <i>Real-Life Application</i> 235  <i>Time Health</i> 68</p> <p><b>Teacher Wraparound Edition:</b>  Ac 117; HL 52</p>
Analyze the effect of media and technology on personal and community health policy and health promotion.	<p><b>Student Edition:</b>  15-16, 49  <i>Writing Critically</i> 71 #1</p> <p><b>Teacher Wraparound Edition:</b>  CL 50; CLA 321, 343; En 16; MA 16, 50; MR 62</p>
Solve a health and fitness problem or issue: * List alternative courses of action. * Choose the course that most fully addresses the needs and requirements of the situation. * Back up the choice with evidence. * Evaluate the outcome.	<p><b>Student Edition:</b>  33-36  <i>Health Skills Activity</i> 56, 155, 232, 407  <i>Thinking Critically</i> 36 #4  <i>Writing Critically</i> 45 #1</p> <p><b>Teacher Wraparound Edition:</b>  CL 310; CLA 30; HL 310; RC 34</p>
<b>3.3. Use social skills to promote health and safety in a variety of situations.</b>	
Negotiate conflict situations constructively while maintaining safe and respectful relationships.	<p><b>Student Edition:</b>  30, 260, 262-267, 322-328, 338-340  <i>Health Skills Activity</i> 29, 304  <i>Writing Critically</i> 357 #2</p> <p><b>Teacher Wraparound Edition:</b>  CL 260, CLA 30, 337; CI 346; Di 265; GS 266; HC 266, 338; HL 265</p>
Anticipate emotional situations and develop strategies to act in ways that are safe to self and others.	<p><b>Student Edition:</b>  20-21, 170-177, 178-183, 184-187, 188-191  <i>Health Skills Activity</i> 29  <i>Real-Life Application</i> 19  <i>Resilient Teens</i> 176  <i>Time Health</i> 192</p> <p><b>Teacher Wraparound Edition:</b>  Di 189; Dw 176; SW 185</p>

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<b>3.4. Understand how emotions influence decision-making.</b>	
Anticipate emotional situations and develop strategies to act in ways that are safe to self and others.	<b>Student Edition:</b> 20-21, 170-177, 178-183, 184-187, 188-191 <i>Health Skills Activity</i> 29 <i>Real-Life Application</i> 19 <i>Resilient Teens</i> 176 <i>Time Health</i> 192 <b>Teacher Wraparound Edition:</b> Di 189; Dw 176; SW 185
<b>4. The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.</b> <b>To meet this standard, the student will:</b>	
<b>4.1. Analyze health and safety information.</b>	
Investigate the health and fitness requirements for occupational/career areas of interest.	<b>Student Edition:</b> <i>Career Corner</i> 23, 43, 69, 105, 139, 165, 193, 219, 243, 269 <b>Teacher Wraparound Edition:</b> SW 6, 91, 145, 208
<b>4.2. Develop a health and fitness plan and a monitoring system.</b>	
Develop, implement, and monitor a personal health and fitness plan, based on life goals for leisure and employment.	<b>Student Edition:</b> 80-86, 87-92, 93-97 <i>Applying Health Skills</i> 9, 217 <i>Health Skills Activity</i> 8 <i>Parental Involvement</i> 165 <i>Writing Critically</i> 25 #2 <b>Teacher Wraparound Edition:</b> CLA 81; HC 84, 85; HL 76, 90