



Health & Wellness

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STANDARDS	PAGE REFERENCES
Grade 12	
10. 1. Concepts of Health	
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>	
<p>A. Evaluate factors that impact growth and development during adulthood and late adulthood.</p> <ul style="list-style-type: none"> • acute and chronic illness • communicable and non- communicable disease • health status • relationships (e.g., marriage, divorce, loss) • career choice • aging process • retirement 	<p>Student Edition: 136-139 140-142, 149-151, 268, 271-273, 274, 345, 367-369, 491-493, 494-495, 496, 499-501, 502-503, 504-505, 515-517, 523-524, 532-533</p> <p>Teacher Wraparound Edition: CI 368; Ec 274; TT 275</p>
<p>B. Evaluate factors that impact the body systems and apply protective/preventive strategies.</p> <ul style="list-style-type: none"> • fitness level • environment (e.g., pollutants, available health care) • health status (e.g., physical, mental, social) • nutrition 	<p>Student Edition: 210, 213, 214, 215, 216, 217, 219, 221, 223, 224, 232, 240</p> <p><i>Activity: Using Life Skills</i> 233, 239 <i>Facts About</i> 211</p> <p>Teacher Wraparound Edition: DI 217; FI 211; HP 214, 218; TF 215</p>

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<p>C. Analyze factors that impact nutritional choices of adults.</p> <ul style="list-style-type: none"> • cost • food preparation (e.g., time, skills) • consumer skills (e.g., understanding food labels, evaluating fads) • nutritional knowledge • changes in nutritional requirements (e.g., age, physical activity level) 	<p>Student Edition: 283, 284, 285, 286, 287, 289, 295-297, 299, 311, 312, 313, 314, 330-331 <i>Activity: Using Life Skills</i> 292 <i>Facts About</i> 298 Teacher Wraparound Edition: CCC 220; CD 311, 330; CI 304; FO 224; HJ 281; HP 210; NH 314; WYV 281</p>
<p>D. Evaluate issues relating to the use/non-use of drugs.</p> <ul style="list-style-type: none"> • psychology of addiction • social impact (e.g., cost, relationships) • chemical use and fetal development • laws relating to alcohol, tobacco and chemical substances • impact on the individual • impact on the community 	<p>Student Edition: 414-415, 416-417, 418, 419, 422, 434, 450, 453, 464-465, 469-470, 471, 472 <i>Facts About</i> 441 <i>Health News</i> 125, 415 Teacher Wraparound Edition: FMC 105 #3; HP 408; LI 248, 407, 440, 455</p>
<p>E. Identify and analyze factors that influence the prevention and control of health problems.</p> <ul style="list-style-type: none"> • research • medical advances • technology • government policies/regulations 	<p>Student Edition: 7, 35-36, 37-38, 233, 245, 276, 421, 430-431, 558-560, 561-562 <i>Real-Life Application</i> 277 #24 Teacher Wraparound Edition: CCC 536, 632; CD 7; EC 346; LI 276</p>
<p>10.2. Healthful Living</p>	
<p>A. Evaluate health care products and services that impact adult health practices.</p>	<p>Student Edition: 12-13, 14, 17-19, 20-21, 37-38, 583-584 <i>Activity: Using Life Skills</i> 417 <i>Evaluating Media Messages</i> 593 Teacher Wraparound Edition: CD 6; FMC 10 #3; HO 3; HP 7; TM 2; WYV 281</p>
<p>B. Assess factors that impact adult health consumer choices.</p> <ul style="list-style-type: none"> • access to health information • access to health care • cost • safety 	<p>Student Edition: 543-545, 547, 548, 565-566, 567, 568, 569-570, 571-572, 585-586 <i>Facts About</i> 546 <i>Responsible Decision Making</i> 549 Teacher Wraparound Edition: CD 545; CI 547; FI 569; HP 566; LI 544</p>

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<p>C. Compare and contrast the positive and negative effects of the media on adult personal health and safety.</p>	<p>Student Edition: 7, 35-36, 37-38, 421, 430-431, 558-560, 561-562 <i>Evaluating Media Messages</i> 73, 133, 403, 483, 541 Teacher Wraparound Edition: HO 3; TM 2</p>
<p>D. Examine and apply a decision-making process to the development of short- and long-term health goals.</p>	<p>Student Edition: 61, 62, 172-173, 416-417, 422, 434, 450 <i>Activity: Using Life Skills</i> 171, 327, 364, 372, 648 Teacher Wraparound Edition: FI 450; NH 422</p>
<p>E. Analyze the interrelationship between environmental factors and community health.</p> <ul style="list-style-type: none"> • public health policies and laws/health promotion and disease prevention • individual choices/maintenance of environment • recreational opportunities/health status 	<p>Student Edition: 428, 595-598, 599-600, 603-605, 606, 607-608, 609-610 Teacher Wraparound Edition: CCC 215; CI 457; EC 604-605; FMC 31 #4; HP 596</p>
<p>10.3. Safety and Injury Prevention</p>	
<p>A. Assess the personal and legal consequences of unsafe practices in the home, school or community.</p> <ul style="list-style-type: none"> • loss of personal freedom • personal injury • loss of income • impact on others • loss of motor vehicle operator's license 	<p>Student Edition: 144-146, 184, 394-395, 396-397, 414-415, 416-417, 418, 426-427, 428, 469-470, 639, 640-641, 642, 644-646, 647, 671, 672, 673, 674 Teacher Wraparound Edition: HP 412; QD 32</p>
<p>B. Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> • CPR • advanced first aid 	<p>Student Edition: 712, 714-715, 716-717, 718-719, 720, 723-724, 725-727, 733, 734-738, 740-743, 744-747 Teacher Wraparound Edition: CA 731; Ex 739</p>
<p>C. Analyze the impact of violence on the victim and surrounding community.</p>	<p>Student Edition: 54, 115, 141-142, 181, 183, 418, 444, 449, 453, 469, 647, 654, 657-658, 659, 661-662, 666, 667-668, 675, 676-677, 678, 679, 680-681, 682, 683-684 Teacher Wraparound Edition: NH 647; TF 182; TT 116</p>

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<p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p>	<p>Student Edition: 210, 215, 216, 217, 272, 329, 367-369, 375, 376-377, 379, 380, 384-387, 388-389</p> <p>Teacher Wraparound Edition: CD 379; CI 368; TF 387</p>
<p>10.4. Physical Activity</p>	
<p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p>	<p>Student Edition: 6-9, 32, 57, 371-372, 375, 384-387, 388-389</p> <p><i>Activity: Using Life Skills</i> 59 <i>Sharpen Your Life Skills</i> 63 <i>What Would You Do?</i> 366</p> <p>Teacher Wraparound Edition: AHL 371; CA 378; CD 375; HP 22, 58; TF 371</p>
<p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological 	<p>Student Edition: 210, 215, 216, 217, 272, 329, 367-369, 375, 376-377, 379, 380, 384-387, 388-389</p> <p>Teacher Wraparound Edition: P 377</p>
<p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • aging • injury • disease 	<p>Student Edition: 271-273, 274, 345, 367-369, 375, 376, 384-387, 388-389</p> <p>Teacher Wraparound Edition: CI 368; EC 274; TT 275</p>
<p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement 	<p>Student Edition: 370, 384-387, 388-389</p> <p><i>Real-Life Application</i> 373 #23</p> <p>Teacher Wraparound Edition: CI 389; NH 370; QD 370; TF 371</p>
<p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p>	<p>Student Edition: 370, 371-372, 382-383, 384-387, 388-399</p> <p>Teacher Wraparound Edition: CD 375; CI 389</p>

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<p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting 	<p>Student Edition: 370 <i>Activity: Using Life Skills 372</i></p> <p>Teacher Wraparound Edition: CI 389</p> <p>Also see Glencoe's <i>Foundations of Personal Fitness</i> © 2005 Chapter 12 to help meet this standard.</p>
<p>10.5. Concepts, Principles and Strategies of Movement</p>	
<p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p>	<p>Student Edition: 375, 376-378, 379, 380-381, 382-383, 384-387, 388-389</p> <p>Teacher Wraparound Edition: CA 393; CD 375</p>
<p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance 	<p>Student Edition: 382-383</p> <p>Teacher Wraparound Edition: CD 375</p> <p>Also see Glencoe's <i>Foundations of Personal Fitness</i> © 2005 Chapter 9 to help meet this standard.</p>
<p>C. Evaluate the impact of practice strategies on skill development and improvement.</p>	<p>Student Edition: 382-383, 388-389</p> <p>Teacher Wraparound Edition: CA 393; CD 375</p> <p>Also see Glencoe's <i>Foundations of Personal Fitness</i> © 2005 Chapter 9 to help meet this standard.</p>
<p>D. Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p>	<p>Student Edition: 370, 371-372, 376-378, 379, 380-381, 382, 388-389, 393</p> <p><i>Real-Life Application 373 #25; 391 #23, #24, #25</i></p> <p>Teacher Wraparound Edition: AHL 371; CD 375</p>

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<p>E. Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <ul style="list-style-type: none"> • efficiency of movement • mechanical advantage • kinetic energy • potential energy • inertia • safety 	<p>Also see Glencoe's <i>Foundations of Personal Fitness</i> © 2005 Chapter 9 to help meet this standard.</p>
<p>F. Analyze the application of game strategies for different categories of physical activities.</p> <ul style="list-style-type: none"> • individual • team • lifetime • outdoor 	<p>Student Edition: 370, 382-383, 384-387, 388-389</p> <p>Also see Glencoe's <i>Foundations of Personal Fitness</i> © 2005 Chapter 12 to help meet this standard.</p>