



Glencoe

PENNSYLVANIA
Academic Standards for Health, Safety & Physical Education
Grade 12
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OBJECTIVES	PAGE REFERENCES
<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>	
10.1. Concepts of Health	
<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>SE: 281, 524-526, 529-533, 680, 693, 696 <i>Reviewing Facts and Vocabulary</i> 533</p> <p>TWE: SW 530</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>SE: 10-11, 75-77, 423-426, 432-435, 447-452, 766, 770 <i>Health Skills Activities</i> 434 <i>Figure</i> 767 <i>Real Life</i> 770</p> <p>TWE: WT 11</p>
<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>SE: 110-113, 122-129, 130-134, 151-152, 157-161 <i>Real Life</i> 127 <i>Figure</i> 131 <i>Hands-On Health</i> 153</p> <p>TWE: C 113</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>SE: 494-495, 592-597, 598-600, 602, 606-610 <i>Thinking Critically</i> 597 <i>Applying Health Skills</i> 597</p> <p>TWE: MA 595</p>

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E. Identify and analyze factors that influence the prevention and control of health problems. <ul style="list-style-type: none"> • research • medical advances • technology • government policies/regulations 	SE: 16, 54-59, 64-66, 586-588, 625-626, 633-634 <i>Eye On the Media</i> 380, 436 <i>History Connection</i> 437 <i>Hands-On Health</i> 554 TWE: SW 624
10.2. Healthful Living	
A. Evaluate health care products and services that impact adult health practices.	SE: 48-53, 54-59, 64-66, 161 <i>Real Life</i> 51 <i>Applying Health Skills</i> 59 TWE: HC 56, 57
B. Assess factors that impact adult health consumer choices. <ul style="list-style-type: none"> • access to health information • access to health care • cost • safety 	SE: 48-53, 54-57 <i>Thinking Critically</i> 53 <i>Applying Health Skills</i> 53 Q&A 57 TWE: D 57
C. Compare and contrast the positive and negative effects of the media on adult personal health and safety.	SE: 15-16, 49, 343, 563-564 <i>Eye On the Media</i> 22, 354, 470, 556 <i>Real Life</i> 564 TWE: CLA 566
D. Examine and apply a decision-making process to the development of short and long-term health goals.	SE: 33-36 <i>Health Skills Activities</i> 8, 89, 522, 686 <i>Figure</i> 34 <i>Hands-On Health</i> 35 <i>Thinking Critically</i> 36 TWE: MA 35
E. Analyze the interrelationship between environmental factors and community health. <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 	SE: 766-771, 772-776, 777-781 Q&A 769 <i>Real Life</i> 770 TWE: CT 767 MA 782
10.3. Safety and Injury Prevention	
A. Assess the personal and legal consequences of unsafe practices in the home, school or community. <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 	SE: 338, 565-566, 571, 706-713 <i>Exploring Issues</i> 339 <i>Real Life</i> 716 <i>Thinking Critically</i> 724 TWE: R 565

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B. Analyze and apply strategies for the management of injuries. <ul style="list-style-type: none"> • CPR • advanced first aid 	SE: 736-741, 742-748, 749-754, 755-759 <i>Health Skills Activity 739</i> <i>Hands-On Health 753</i> <i>School and Community 763</i> TWE: HC 738 MA 744
C. Analyze the impact of violence on the victim and surrounding community.	SE: 286-289, 336, 341, 343, 344-346, 350 TWE: WT 336
D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	SE: 6, 10-11, 75, 77-78, 530-531 <i>Hands-On Health 678</i> <i>Figure 679</i> TWE: WT 11
10.4. Physical Activity	
A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.	SE: 79, 83-84, 87-90 <i>Health Skills Activity 89</i> TWE: HL 85, 90
B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. <ul style="list-style-type: none"> • social • physiological • psychological 	SE: 10-11, 75-79, 530-531 <i>Thinking Critically 533</i> <i>Figure 679</i> TWE: WT 11 D 88
C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. <ul style="list-style-type: none"> • aging • injury • disease 	SE: 530-531 <i>Thinking Critically 533</i>
D. Evaluate factors that affect physical activity and exercise preferences of adults. <ul style="list-style-type: none"> • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement 	SE: 88-89, 530-531 <i>Quick Start 74</i> <i>Health Minute 90</i> TWE: D 88 CC 89 HL 90
E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.	SE: 83-86, 88-89, 90-92 <i>Quick Start 74</i> TWE: D 85
F. Assess and use strategies for enhancing adult group interaction in physical activities. <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting 	SE: 87-88 <i>Health Skills Activity 89</i> TWE: HL 85

OBJECTIVES	PAGE REFERENCES
10.5. Concepts, Principles and Strategies of Movement	
A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.	SE: Pages 80-86, 87-92, 93-97 can be used as a discussion prompt to facilitate this goal. <i>Quick Start 74</i>
B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance 	SE: Pages 80-86, 87-92, 93-97 can be used as a discussion prompt to facilitate this goal.
C. Evaluate the impact of practice strategies on skill development and improvement.	SE: 81, 83-86, 90-92, 93-97 <i>Thinking Critically 97</i> TWE: HL 90
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.	SE: 83-86, 87-92, 93 <i>Real Life 84</i> <i>Applying Health Skills 92</i> <i>Thinking Critically 97</i> TWE: D 85
E. Evaluate movement forms for appropriate application of scientific and biomechanical principles. <ul style="list-style-type: none"> • efficiency of movement • mechanical advantage • kinetic energy • potential energy • inertia • safety 	SE: 81-86, 90-92 <i>Thinking Critically 86</i> TWE: HL 90
F. Analyze the application of game strategies for different categories of physical activities. <ul style="list-style-type: none"> • individual • team • lifetime • outdoor 	SE: Game strategies aren't specifically mentioned, however pages 74-79, 80-86, 87-92, 96 can be used as a discussion prompt to meet this goal. <i>Thinking Critically 97</i>

Codes Used for TWE Pages

C	Close
CC	Curriculum Connections
CLA	Cooperative Learning Activity
CT	Critical Thinking
D	Discussing
HC	Home and Community
HL	Health Literacy
MA	More About...
R	Researching
SW	School to Work
WT	What Teens Want to Know