



HEALTH

Making Life Choices

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STANDARDS

PAGE REFERENCES

Grade 9

10. 1. Concepts of Health

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:

- A. Analyze factors that impact growth and development between adolescence and adulthood.
- relationships (e.g., dating, friendships, peer pressure)
 - interpersonal communication
 - risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns)
 - abstinence
 - STD and HIV prevention
 - community

Student Edition:

- Chapter 1 Sections 1, 2
- Chapter 2 Sections 1, 2, 3, 4
- Chapter 3 Sections 1, 4
- Chapter 8 Sections 1, 4, 5, 6
- Chapter 12 Sections 1, 4
- Chapter 13 Sections 1, 2
- Chapter 16 Sections 3, Q&A
- Chapter 17 Sections 1, 2, 5, 7
- Chapter 18 Sections 1, 2, Q&A
- Chapter 19 Sections 1, 2
- Chapter 21 Sections 1, 2, 3
- Chapter 22 Sections 1, 2, 3
- Chapter 24 Sections 1, 2, 3, 4

STANDARDS	PAGE REFERENCES
<p>Continued from cell above.</p> <p>A. Analyze factors that impact growth and development between adolescence and adulthood.</p> <ul style="list-style-type: none"> • relationships (e.g., dating, friendships, peer pressure) • interpersonal communication • risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns) • abstinence • STD and HIV prevention • community 	<p>Continued from cell above.</p> <p>Teacher Wraparound Edition: TM19, TM20, TM25, TM27, TM28, TM29, TM30, TM55, TM56, TM57, TM58, TM59, TM75, TM76, TM77, TM78, TM79, TM80, TM83, TM84, TM85, TM86, TM98, TM99, TM100, TM101, TM103, TM104, TM106, TM107, TM110, TM111, TM111, TM112, TM114, TM115, TM116, TM127, TM128, TM129, TM131, TM132, TM133, TM134, TM141, TM142, TM143, TM144, TM145</p> <p>Chapter 1 Sections 1, 2 Chapter 2 Sections 1, 2, 3, 4 Chapter 3 Sections 1, 4 Chapter 8 Sections 1, 4, 5, 6 Chapter 12 Sections 1, 4 Chapter 13 Sections 1, 2 Chapter 16 Sections 3, Q&A Chapter 17 Sections 1, 2, 5, 7 Chapter 18 Sections 1, 2, Q&A Chapter 19 Sections 1, 2 Chapter 21 Sections 1, 2, 3 Chapter 22 Sections 1, 2, 3 Chapter 24 Sections 1, 2, 3, 4</p>
<p>B. Analyze the interdependence existing among the body systems.</p>	<p>Student Edition: Chapter 6 <i>Chapter Preview</i>, Section 1</p> <p>Teacher Wraparound Edition: Chapter 6 Section 1</p>
<p>C. Analyze factors that impact nutritional choices of adolescents.</p> <ul style="list-style-type: none"> • body image • advertising • dietary guidelines • eating disorders • peer influence • athletic goals 	<p>Student Edition: Chapter 1 Section 1 Chapter 3 Section 3 Chapter 7 Section 1, 4 <i>Skills Activity</i>, 5 Chapter 8 Sections 1, Q&A, <i>What Teens Think</i> Chapter 9 Sections 1, 2, 3, 4, 5</p> <p>Teacher Wraparound Edition: TM19, TM20, TM29, TM30, TM49, TM50, TM51, TM52, TM55, TM61, TM62, TM63</p> <p>Chapter 1 Section 1 Chapter 3 Section 3 Chapter 7 Sections 1, 4 <i>Skills Activity</i>, 5 Chapter 8 Sections 1, Q&A, <i>What Teens Think</i> Chapter 9 Sections 1, 2, 3, 4, 5</p>

STANDARDS	PAGE REFERENCES
<p>D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.</p> <ul style="list-style-type: none"> • decision-making/refusal skills • situation avoidance • goal setting • professional assistance (e.g., medical, counseling, support groups) • parent involvement 	<p>Student Edition: Chapter 1 Sections 1, 3 Chapter 3 Sections 3, 4 Chapter 5 Sections 1, 2, 3, 4 Chapter 10 Section 4 Chapter 12 Section 7 Chapter 13 Section 5 Chapter 14 Section 5 Chapter 16 Section 3</p> <p>Teacher Wraparound Edition: TM19, TM20, TM21, TM27, TM28, TM29, TM30, TM37, TM38, TM39, TM40, TM68, TM69, TM80, TM86, TM91, TM100, TM101 Chapter 1 Sections 1, 3 Chapter 3 Sections 3, 4 Chapter 5 Sections 1, 2, 3, 4 Chapter 10 Section 4 Chapter 12 Section 7 Chapter 13 Section 5 Chapter 14 Section 5 Chapter 16 Section 3</p>
<p>E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p>	<p>Student Edition: Chapter 1 Sections 1, 3 Chapter 15 Section 4 Chapter 17 Sections 1, 5, 7</p> <p>Teacher Wraparound Edition: TM19, TM20, TM21, TM95, TM96, TM103, TM104, TM106, TM107 Chapter 1 Sections 1, 3 Chapter 15 Section 4 Chapter 17 Sections 1, 5, 7</p>
10.2. Healthful Living	
<p>A. Identify and describe health care products and services that impact adolescent health practices.</p>	<p>Student Edition: Chapter 10 Sections 1, 2 Chapter 27 Section 3</p> <p>Teacher Wraparound Edition: TM67, TM160 Chapter 10 Sections 1, 2 Chapter 27 Section 3</p>

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<p>B. Analyze the relationship between health-related information and adolescent consumer choices.</p> <ul style="list-style-type: none"> • tobacco products • weight control products 	<p>Student Edition: Chapter 8 Sections 3, 4 Chapter 9 Sections 5, 6 Chapter 14 Sections 1, 4, 5</p> <p>Teacher Wraparound Edition: TM57, TM58 TM64 TM88, TM89, TM90, TM91 Chapter 8 Sections 3, 4 Chapter 9 Sections 5, 6 Chapter 14 Sections 1, 4, 5</p>
<p>C. Analyze media health and safety messages and describe their impact on personal health and safety.</p>	<p>Student Edition: This objective can be met utilizing the Consumer Skills Activities found throughout the book, including:</p> <p>Chapter 1 Section 2 <i>Consumer Skills Activity</i> Chapter 4 Section 2 <i>Consumer Skills Activity</i> Chapter 8 Section 4 <i>Health Skills, Consumer Skills Activity</i> Chapter 9 Section 5 <i>Consumer Skills Activity</i> Chapter 10 Section 2 <i>Consumer Skills Activity</i> Chapter 13 Section 1 <i>Consumer Skills Activity</i> Chapter 16 Section 1 <i>Consumer Skills Activity</i> Chapter 18 Section 2 <i>Consumer Skills Activity</i> Chapter 21 Section 3 <i>Consumer Skills Activity</i> Chapter 23 Section 2 <i>Consumer Skills Activity</i> Chapter 27 Q&A</p>
<p>D. Analyze and apply a decision-making process to adolescent health and safety issues.</p>	<p>Student Edition: Chapter 1 Sections 1, <i>Chapter Review</i> Chapter 2 Section 3 Chapter 10 Section 4 <i>Applying Health Skills</i> Chapter 20 Section 2 <i>Applying Health Skills</i></p> <p>Teacher Wraparound Edition: TM19, TM20, TM24, TM25 Chapter 1 Sections 1, <i>Chapter Review</i> Chapter 2 Section 3 Chapter 10 Section 4 <i>Applying Health Skills</i> Chapter 20 Section 2 <i>Applying Health Skills</i></p>

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<p>E. Explain the interrelationship between the environment and personal health.</p> <ul style="list-style-type: none"> • ozone layer/skin cancer • availability of health care/individual health • air pollution/respiratory disease • breeding environments/lyme disease/west nile virus 	<p>Student Edition: Chapter 15 Sections 1, 4 Chapter 17 Section 7 Chapter 26 Sections 1, 2 Chapter 27 Sections 1, 2</p> <p>Teacher Wraparound Edition: TM93, TM95, TM96, TM107, TM153, TM154, TM159, TM 160 Chapter 15 Sections 1, 4 Chapter 17 Section 7 Chapter 26 Sections 1, 2 Chapter 27 Sections 1, 2</p>
<p>10.3. Safety and Injury Prevention</p>	
<p>A. Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.</p> <ul style="list-style-type: none"> • modes of transportation (e.g., pedestrian, bicycle, vehicular, passenger, farm vehicle, all-terrain vehicle) • violence prevention in school • self-protection in the home • self-protection in public places 	<p>Student Edition: Chapter 2 Q&A Chapter 19 Section 3 Chapter 24 Sections 1, 2, 3, 4, 5</p> <p>Teacher Wraparound Edition: TM116, TM117, TM141, TM142, 143, TM144 Chapter 19 Section 3 Chapter 24 Sections 1, 2, 3, 4, 5</p>
<p>B. Describe and apply strategies for emergency and long-term management of injuries.</p> <ul style="list-style-type: none"> • rescue breathing • water rescue • self-care • sport injuries 	<p>Student Edition: Chapter 1 Sections 1, 2 Chapter 9 Section 6 Chapter 10 Sections 1, 2, 3 Chapter 24 Sections 2, 3, 4, 5 Chapter 25 Sections 1, 2, 3, 4</p> <p>Teacher Wraparound Edition: TM19, TM20, TM64, TM66, TM67, TM68, TM142, 143, TM144, TM147, TM148, TM149, TM150, TM151 Chapter 1 Sections 1, 2 Chapter 9 Section 6 Chapter 10 Sections 1, 2, 3 Chapter 24 Sections 2, 3, 4, 5 Chapter 25 Sections 1, 2, 3, 4</p>

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<p>C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.</p> <ul style="list-style-type: none"> • effective negotiation • assertive behavior 	<p>Student Edition: Chapter 2 Sections 1, 2, 3, 4 Chapter 3 Sections 1, 2, 3, 4 Chapter 13 Section 5</p> <p>Teacher Wraparound Edition: TM23, TM24, TM25, TM27, TM28, TM29, TM30 Chapter 2 Sections 1, 2, 3, 4 Chapter 3 Sections 1, 2, 3, 4 Chapter 13 Section 5</p>
<p>D. Analyze the role of individual responsibility for safety during organized group activities.</p>	<p>Student Edition: The following section can be further expanded to meet this standard.</p> <p>Student Edition: Chapter 9 Sections 5</p> <p>Teacher Wraparound Edition: Chapter 9 Section 5</p>
<p>10.4. Physical Activity</p>	
<p>A. Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p>	<p>Student Edition: Chapter 9 Sections 1, 2, 3, 4, 5, 6</p> <p>Teacher Wraparound Edition: TM62, TM63, TM64 Chapter 9 Sections 1, 2, 3, 4, 5, 6</p>
<p>B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <ul style="list-style-type: none"> • stress management • disease prevention • weight management 	<p>Student Edition: Chapter 1 Section 1, 2, 3 Chapter 4 Section 4 Chapter 8 Section 4 Chapter 9 Sections 1, 6</p> <p>Teacher Wraparound Edition: TM57, TM61, TM64 Chapter 1 Section 1, 2, 3 Chapter 4 Section 4 Chapter 8 Section 4 Chapter 9 Sections 1, 6</p>

STANDARDS	PAGE REFERENCES
<p>C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • exercise (e.g., climate, altitude, location, temperature) • healthy fitness zone • individual fitness status (e.g., cardiorespiratory fitness, muscular endurance, muscular strength, flexibility) • drug/substance use/abuse 	<p>Student Edition: Chapter 9 Sections 1, 2, 3, 4, 5, 6</p> <p>Teacher Wraparound Edition: TM62, TM63, TM64 Chapter 9 Sections 1, 2, 3, 4, 5, 6</p>
<p>D. Analyze factors that affect physical activity preferences of adolescents.</p> <ul style="list-style-type: none"> • skill competence • social benefits • previous experience • activity confidence 	<p>Student Edition: Chapter 9 Sections 1, 2, 3, 4, 5, 6</p> <p>Teacher Wraparound Edition: TM62, TM63, TM64 Chapter 9 Sections 1, 2, 3, 4, 5, 6</p>
<p>E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <ul style="list-style-type: none"> • personal choice • developmental differences • amount of physical activity • authentic practice 	<p>Student Edition: Chapter 9 Sections 1, 2, 3, 4, 5, 6</p> <p>Teacher Wraparound Edition: TM62, TM63, TM64 Chapter 9 Sections 1, 2, 3, 4, 5, 6</p>
<p>F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <ul style="list-style-type: none"> • group dynamics • social pressure 	<p>Student Edition: Chapter 9 Section 1</p> <p>Teacher Wraparound Edition:: TM61 Chapter 9 Section 1</p>
10.5. Concepts, Principles and Strategies of Movement	
<p>A. Describe and apply the components of skill-related fitness to movement performance.</p> <ul style="list-style-type: none"> • agility • balance • coordination • power • reaction time • speed 	<p>Student Edition: Chapter 9 Sections 1, 2, 3, 4, 5, 6</p> <p>Teacher Wraparound Edition: TM62, TM63, TM64 Chapter 9 Sections 1, 2, 3, 4, 5, 6</p>

STANDARDS	PAGE REFERENCES
<p>B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <ul style="list-style-type: none"> • response selection • stages of learning a motor skill (i.e., verbal cognitive, motor, automatic) • types of skill (i.e., discrete, serial, continuous) 	<p>Student Edition: The following sections can be further expanded to meet the standard.</p> <p>Teacher Wraparound Edition: TM62, TM63, TM64 Chapter 9 Sections 1, 2, 3, 4, 5, 6</p>
<p>C. Identify and apply practice strategies for skill improvement.</p>	<p>Student Edition: With instruction for proper movement performance, the following sections could be used to meet this standard.</p> <p>Student Edition: Chapter 9 Sections 2, 4, 5</p>
<p>D. Identify and describe the principles of training using appropriate vocabulary.</p> <ul style="list-style-type: none"> • specificity • overload • progression • aerobic/anaerobic • circuit/interval • repetition/set 	<p>Student Edition: Chapter 9 Sections 1, 2, 3, 4, 5, 6</p> <p>Teacher Wraparound Edition: TM62, TM63, TM64 Chapter 9 Sections 1, 2, 3, 4, 5, 6</p>
<p>E. Analyze and apply scientific and biomechanical principles to complex movements.</p> <ul style="list-style-type: none"> • centripetal/centrifugal force • linear motion • rotary motion • friction/resistance • equilibrium • number of moving segments 	<p>Student Edition: The following sections can be further expanded to meet the standard.</p> <p>Chapter 7 Section 3 Chapter 9 Sections 1, 2, 5</p> <p>Teacher Wraparound Edition: TM50, TM62, TM63, TM64 Chapter 9 Sections 1, 2, 5</p>
<p>F. Describe and apply game strategies to complex games and physical activities.</p> <ul style="list-style-type: none"> • offensive strategies • defensive strategies • time management 	<p>Student Edition: The following section could be expanded to meet this standard.</p> <p>Student Edition: Chapter 9 Section 3</p>

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:</p> <p>Chapter 1 Sections 1, 3 Chapter 4 Sections 2, 3 Chapter 5 Sections 1, 2, 4 Chapter 15 Sections 2, 3, 4 Chapter 16 Sections 1, 2, 3 Chapter 17 Sections 1, 2, 3, 4, 5, 6, 7, 8 Chapter 18 Sections 1, 2 Chapter 19 Sections 1, 3 Chapter 20 Section 8 Chapter 23 Sections 1, 2</p> <p>Teacher Wraparound Edition:</p> <p>TM19, TM20, TM21, TM32, TM33, TM34, TM37, TM38, TM39, TM40, TM94, TM95, TM96, TM98, TM99, TM100, TM101, TM103, TM104, TM105, TM106, TM107, TM108, TM110, TM111, TM112, TM114, TM115, TM116, TM117, TM124, TM125, TM137, TM138</p> <p>Chapter 1 Sections 1, 3 Chapter 4 Sections 2, 3 Chapter 5 Sections 1, 2, 4 Chapter 15 Sections 2, 3, 4 Chapter 16 Sections 1, 2, 3 Chapter 17 Sections 1, 2, 3, 4, 5, 6, 7, 8 Chapter 18 Sections 1, 2 Chapter 19 Sections 1, 3 Chapter 20 Section 8 Chapter 23 Sections 1, 2</p>

STANDARDS	PAGE REFERENCES
<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: Chapter 1 Sections 1, 3 Chapter 2 Section 1 Chapter 3 Sections 3, 4 Chapter 4 Section 1, 2, 3, 4 Chapter 26 Sections 1, 2 Chapter 27 Sections 1, 2</p> <p>Teacher Wraparound Edition: TM19, TM20, TM21, TM23, TM29, TM30, TM32, TM33, TM34, TM35, TM153, TM154, TM159, TM160</p> <p>Chapter 1 Sections 1, 3 Chapter 2 Section 1 Chapter 3 Sections 3, 4 Chapter 4 Section 1, 2, 3, 4 Chapter 26 Sections 1, 2 Chapter 27 Sections 1, 2</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>Student Edition: Chapter 7 Section 2 Chapter 9 Sections 2, 3, 4, 5</p> <p>Teacher Wraparound Edition: TM50, TM60, TM61, TM62, TM63, TM64</p> <p>Chapter 7 Section 2 Chapter 9 Sections 2, 3, 4, 5</p>

STANDARDS	PAGE REFERENCES
<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: Chapter 3 Section 4 Chapter 12 Sections 1, 2, 3, 4, 5 Chapter 13 Sections 1, 2, 3, 4, Q&A Chapter 14 Sections 1, 2, 5 Chapter 15 Section Q&A Chapter 19 Section 3</p> <p>Teacher Wraparound Edition: TM30, TM75, TM76, TM77, TM78, TM79, TM83, TM84, TM85, TM86, TM88, TM88-TM89, TM89, TM91, TM116, TM117 Chapter 3 Section 4 Chapter 12 Sections 1, 2, 3, 4, 5 Chapter 13 Sections 1, 2, 3, 4, Q&A Chapter 14 Sections 1, 2, 5 Chapter 15 Section Q&A Chapter 19 Section 3</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: Chapter 15 Section 2 Chapter 16 Sections 1, 2, 3 Chapter 17 Sections 1, 2, 3, 4, 5, 6, 7, 8</p> <p>Teacher Wraparound Edition: TM94, TM98, TM 99, TM100, TM103, TM104, TM105, TM106, TM107, TM108 Chapter 15 Section 2 Chapter 16 Sections 1, 2, 3 Chapter 17 Sections 1, 2, 3, 4, 5, 6, 7, 8</p>
10.2. Healthful Living	
<p>A. Evaluate health care products and services that impact adult health practices.</p>	<p>Student Edition: Chapter 9 Section 5, Q&A Chapter 10 Sections 1, 2 Chapter 27 Section 3</p> <p>Teacher Wraparound Edition:: TM64, TM67, TM160 Chapter 9 Section 5, Q&A Chapter 10 Sections 1, 2 Chapter 27 Section 3</p>

STANDARDS	PAGE REFERENCES
<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: Chapter 17 Sections 1, 2, 3, 4, 5, 6, 7, 8 Chapter 23 Sections 1, 2 Chapter 24 Sections 1, 2, 3, 4, 5 Chapter 27 Sections 1, 2, 3</p> <p>Teacher Wraparound Edition: TM103, TM104, TM105, TM106, TM107, TM108, TM137, TM138, TM141, TM142, TM143, TM144, TM159, TM 160</p> <p>Chapter 17 Sections 1, 2, 3, 4, 5, 6, 7, 8 Chapter 23 Sections 1, 2 Chapter 24 Sections 1, 2, 3, 4, 5 Chapter 27 Sections 1, 2, 3</p>
<p>C. Compare and contrast the positive and negative effects of the media on adult personal health and safety.</p>	<p>Student Edition: This objective can be met utilizing the Consumer Skills Activities found throughout the book, and expanding the conversation to include the influence of media on adult audiences.</p> <p>Chapter 1 Section 2 <i>Consumer Skills Activity</i> Chapter 4 Section 2 <i>Consumer Skills Activity</i> Chapter 8 Section 4 <i>Health Skills, Consumer Skills Activity</i> Chapter 9 Section 5 <i>Consumer Skills Activity</i> Chapter 10 Section 2 <i>Consumer Skills Activity</i> Chapter 13 Section 1 <i>Consumer Skills Activity</i> Chapter 16 Section 1 <i>Consumer Skills Activity</i> Chapter 18 Section 2 <i>Consumer Skills Activity</i> Chapter 21 Section 3 <i>Consumer Skills Activity</i> Chapter 23 Section 2 <i>Consumer Skills Activity</i> Chapter 27 Q&A</p>

STANDARDS	PAGE REFERENCES
<p>D. Examine and apply a decision-making process to the development of short and long-term health goals.</p>	<p>Student Edition: Chapter 7 Section 1 Chapter 8 Section 1 Chapter 9 Sections 1, 2, 3, 4, 5 Chapter 20 Section 8 Chapter 23 Sections 1, 2</p> <p>Teacher Wraparound Edition: TM49, TM50, TM 55, TM61, TM62, TM63, TM64, TM 124, TM125, TM137, TM138 Chapter 7 Section 1 Chapter 8 Section 1 Chapter 9 Sections 1, 2, 3, 4, 5 Chapter 20 Section 8 Chapter 23 Sections 1, 2</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: Chapter 15 Section 2 Chapter 16 Sections 1, 2, 3 Chapter 17 Sections 1, 2, 3, 4, 5, 6, 7, 8 Chapter 26 Sections 1, 2, 3, 4, 5, 6</p> <p>Teacher Wraparound Edition: TM94, TM98, TM 99, TM100, TM103, TM104, TM105, TM106, TM107, TM108, TM153, TM154, TM155, TM156, TM157 Chapter 15 Section 2 Chapter 16 Sections 1, 2, 3 Chapter 17 Sections 1, 2, 3, 4, 5, 6, 7, 8 Chapter 26 Sections 1, 2, 3, 4, 5, 6</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: Chapter 24 Sections 1, 2, 3, 4 Chapter 27 Sections 1, 2</p> <p>Teacher Wraparound Edition: TM141, TM142, TM143, TM159, TM160 Chapter 24 Sections 1, 2, 3, 4 Chapter 27 Sections 1, 2</p>

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<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: Chapter 25 Sections 1, 2, 3, 4</p> <p>Teacher Wraparound Edition: TM147, TM148, TM149, TM150, TM151 Chapter 25 Sections 1, 2, 3, 4</p>
<p>C. Analyze the impact of violence on the victim and surrounding community.</p>	<p>Student Edition: Chapter 2 Section 4 Chapter 3 Sections 1, 2, 3, 4 Chapter 5 Sections 1, 2, 3, 4</p> <p>Teacher Wraparound Edition: TM25, TM27, TM28, TM29, TM30, TM37, TM38, TM39, TM40 Chapter 2 Section 4 Chapter 3 Sections 1, 2, 3, 4 Chapter 5 Sections 1, 2, 3, 4</p>
<p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p>	<p>Student Edition: Chapter 9 Sections 1, 2, 3, 4, 5, 6</p> <p>Teacher Wraparound Edition: TM62, TM63, TM64 Chapter 9 Sections 1, 2, 3, 4, 5, 6</p>
10.4. Physical Activity	
<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: Chapter 7 Section 1 Chapter 8 Section 1 Chapter 9 Sections 1, 2, 3, 4, 5 Chapter 20 Section 8 Chapter 23 Sections 1, 2</p> <p>Teacher Wraparound Edition: TM49, TM50, TM 55, TM61, TM62, TM63, TM64, TM 124, TM125, TM137, TM138 Chapter 7 Section 1 Chapter 8 Section 1 Chapter 9 Sections 1, 2, 3, 4, 5 Chapter 20 Section 8 Chapter 23 Sections 1, 2</p>

STANDARDS	PAGE REFERENCES
<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: Chapter 9 Sections 1, 2, 3, 4, 5, 6</p> <p>Teacher Wraparound Edition: TM62, TM63, TM64 Chapter 9 Sections 1, 2, 3, 4, 5, 6</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: Chapter 9 Sections 1, 2, 3, 4, 5, 6</p> <p>Teacher Wraparound Edition: TM62, TM63, TM64 Chapter 9 Sections 1, 2, 3, 4, 5, 6</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: Chapter 9 Sections 1, 2, 3, 4, 5, 6</p> <p>Teacher Wraparound Edition: TM62, TM63, TM64 Chapter 9 Sections 1, 2, 3, 4, 5, 6</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: Chapter 9 Sections 1, 2, 3, 4, 5, 6</p> <p>Teacher Wraparound Edition: TM62, TM63, TM64 Chapter 9 Sections 1, 2, 3, 4, 5, 6</p>
<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: The following section can be further expanded to meet this standard.</p> <p>Student Edition: Chapter 9 Section 5</p> <p>Teacher Wraparound Edition: Chapter 9 Section 5</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: Chapter 9 Sections 2, 4, 5</p> <p>Teacher Wraparound Edition:: TM62, TM63, TM64 Chapter 9 Sections 2, 4, 5</p>

STANDARDS	PAGE REFERENCES
<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: Chapter 9 Sections 1, 2, 3, 4, 5, 6</p> <p>Teacher Wraparound Edition:: TM62, TM63, TM64 Chapter 9 Sections 1, 2, 3, 4, 5, 6</p>
<p>C. Evaluate the impact of practice strategies on skill development and improvement.</p>	<p>Student Edition: With instruction for proper movement performance, the following sections could be used to meet this standard.</p> <p>Student Edition: Chapter 9 Sections 2, 4, 5</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: Chapter 9 Sections 1, 2, 3, 4, 5, 6</p> <p>Teacher Wraparound Edition:: TM62, TM63, TM64 Chapter 9 Sections 1, 2, 3, 4, 5, 6</p>
<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>Student Edition: Chapter 9 Sections 2, 4, 5</p> <p>Teacher Wraparound Edition:: TM62, TM63, TM64 Chapter 9 Sections 2, 4, 5</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: The following section could be expanded to meet this standard.</p> <p>Student Edition: Chapter 9 Section 3</p>