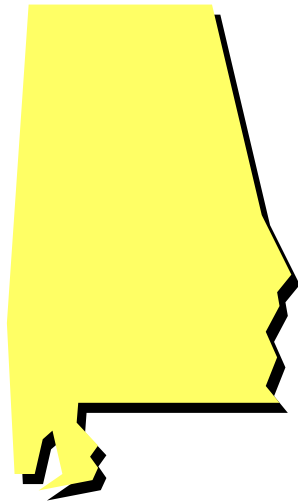
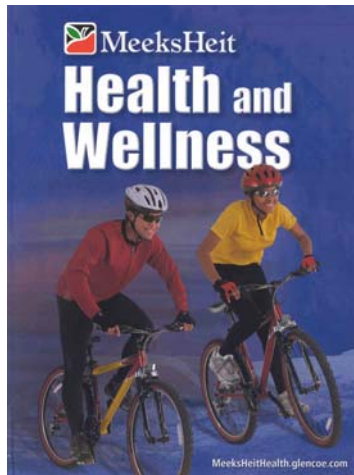


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correlated to

**Alabama Course of Study:  
Health Education  
for  
Ninth-Twelfth Grade**

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**ALABAMA**

**COURSE OF STUDY: HEALTH EDUCATION FOR NINTH-TWELFTH GRADE**

<b>OBJECTIVES</b>	<b>PAGE REFERENCES</b>
Students will:	
Community Health	
1. Determine a variety of health services provided by school and community health professionals.	PE: 18–23, 82–84, 544–547, 570–575, 592–595
2. Identify positive health activities that influence and support others to work cooperatively for healthy communities.	PE: 12–17, 24–29, 30–37, 82–84, 580–583, 592–594
3. Analyze cultural influences on health behaviors, including social norms, laws and regulations, family traditions, and stereotypes.	PE: 4–11, 82–84, 88–95, 96–103, 170–172
Consumer Health	
4. Differentiate between positive and negative health messages portrayed in the media.	PE: 544–547, 548–551, 556–559, 592–594
5. Evaluate negative and positive impacts of technology on health.	PE: 18–23, 81–84, 566–569, 592–594
6. Discuss valid and essential information for the safe use of consumer goods and health products.	PE: 544–547, 548–551, 592–594
Environmental Health	
7. Analyze factors that affect community health.	PE: 598–603, 604, 609, 610–615, 616–619, 620–623, 644–646
8. Compare the rights of individuals or special interest groups regarding the environment with those of the community.	PE: 598–603, 640–642, 644–646

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<b>OBJECTIVES</b>	<b>PAGE REFERENCES</b>
<b>Family Health</b>	
9. Explain the impact of personal health behaviors on parenting and child development, including attending to financial responsibilities associated with pregnancy, childbirth, and childrearing.	PE: 144–151, 152–159, 170–172, 208–215, 216–221, 222–227, 250–252
10. Determine common causes of disability and premature loss of life across life stages.	PE: 176–193, 194–201, 202–207, 208–215, 216–221, 238–243, 250–252
<b>Personal Health</b>	
11. Analyze the relationship of dimensions of health and wellness such as emotional, mental (intellectual), physical, social, environmental, and spiritual.	PE: 4–11, 12–17, 18–23, 82–84, 96–103, 112–115, 116–123, 160–169, 170–172
12. Apply decision-making strategies to improve personal health goals.	PE: 24–29, 30–37, 38–45, 58–65, 66–73, 74–81, 82–84
13. Apply refusal skills to abstain from risky situations.	PE: 30–37, 82–84, 420–425, 474–476
14. Assess the impact of positive and negative personal health behaviors on the functioning of body systems.	PE: 4–11, 12–17, 82–84, 176–192, 250–252
<b>Mental and Emotional Health</b>	
15. Identify symptoms, methods of treatment, and ways to manage mental illnesses or disorders such as depression, eating disorders, and suicide.	PE: 46–57, 58–65, 66–73, 74–81, 82–84, 160–169, 170–172, 314–321, 322–324
16. Propose potential solutions to health concerns.	PE: 18–23, 66–73, 74–81, 82–84, 136–143, 170–172, 238–243, 250–252, 470–473, 474–476, 580–583, 592–594

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<b>OBJECTIVES</b>	<b>PAGE REFERENCES</b>
17. Describe the impact of significant events on physical and emotional health.	PE: 74–81, 82–84, 160–169, 170–172, 244–249, 250–252, 524–527, 528–533, 538–540
Nutrition	
18. Predict the impact of a positive nutrition-related change in behavior.	PE: 25–263, 264–269, 270–273, 274–281, 282–285, 286–293, 294–301, 302–305, 306–313, 314–321, 322–324
Injury Prevention and Safety	
19. Demonstrate CPR and first-aid skills.	PE: 704–751, 752–754
20. Design home safety guidelines.	PE: 650–655, 656–661, 662–667, 752–754
21. Explain the consequences of health behaviors that are harmful to self or others.	PE: 650–655, 656–661, 662–667, 676–681, 682–689, 690–695, 696–699, 652–654
Prevention and Control of Disease	
22. Determine symptoms, methods of prevention, and strategies for controlling communicable infestations, diseases, and infections.	PE: 480–483, 484–487, 488–495, 496–505, 538–540
23. Explain methods of treating and managing chronic health problems.	PE: 506–511, 512–515, 516–523, 524–527, 548–533, 538–540
Substance Use and Abuse	
24. Discuss laws and regulations related to substance use and abuse.	PE: 450–461, 474–476, 676–681, 752–754

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