

**GLENCOE HEALTH © 2009  
CORRELATED TO  
NORTH CAROLINA  
HEALTHFUL LIVING CURRICULUM STANDARDS  
FOR GRADES 9–12**

	definition	SE pages	TWE pages
<b>Glencoe Health © 2009, North Carolina Course of Study: Health Education</b>			
<b>Standard: 1</b>	<b>The learner will develop knowledge and skills to enhance mental and emotional well-being.</b>		
NC.1.01	Analyze the factors contributing to depression and identify various treatment options.	103, 115-117, 125, 130, 132, 133, 135, 238, 240-241, 300-302, 320-322, 456, 527, 537, 604, 607,	TE: 113-117, 126-128
NC 1.02	Identify symptoms of mental disorders and resources for seeking professional assistance.	88, 114-117, 118-121, 124, 126-129, 133-134, 135, 300-302, 311, 312, 314	TE: 88, 114-117, 118-126-129, 133, 134
NC 1.03	Depict the body's physical and psychological responses to stressful situations and identify positive coping methods.	6-9, 28, 38, 39, 56, 90-91, 92-96, 97-100, 101, 103-105, 106, 108-109, 110, 111, 172, 173-177, 187, 188, 222, 230, 310, 320, 321, 323, 330, 346, 414, 426, 434, 444, 454, 542, 548-550, 693, 704	TE: 79, 92-96, 97-101 310, 320, 444, 616
NC 1.04	Analyze the causes, symptoms, and effects of anxiety.	114, 115, 117, 119, 132, 320-322, 456, 551, 561, 580, 588, 604	TE: 88, 114-117
<b>Standard: 2</b>	<b>The learner will develop knowledge and skills to enhance personal and consumer health.</b>		
NC 2.01	Determine individual control over health risks.	16, 17-20, 22, 36, 59, 200-201, 206-208, 211, 214-216, 220-222, 223, 224-228, 229-234, 236-237, 238-239, 245, 246, 321-322, 323, 346, 337-343, 347, 348, 358, 398, 404, 413, 414-415, 419-421, 426, 428, 431-432, 433, 434, 436, 437, 456, 532-533, 537-538, 542, 543-547, 548-549, 550-552, 553-554, 555-556, 557, 558, 560-562, 565, 567-570, 571, 572-576, 577, 578-582, 583, 584, 586, 587, 588, 631-632, 665-668, 675, 680, 682-684, 692, 693, 694, 699, 706, 708, 711, 714, 716, 717-718, 719, 724-725, 726-730, 731-738, 739-743, 744-749, 752-754, 800-802, 803-804, 805, 806-809, 810-811, 812, 814, 815-816	TE: 16-20, 21-25, 26-750
NC 2.02	Describe the procedures for organ donation, local and state resources and benefits to society.	433	TE: 430
NC 2.03	Analyze the benefits of health screenings, checkups, and early detection (including medical examination and self-examination) and explain the procedures used for early detection.	337, 343, 354-355, 360, 365, 371, 376, 383, 384, 390, 403, 413, 432, 433, 437, 445, 448, 449-451, 455-456, 457, 461-462, 481-482, 483, 486-487, 491-492, 509, 658-662, 667, 668, 674-678, 679, 682-684, 700, 701, 705, 710, 711, 716, 717, 792, 794, 814	TE: 448, 449, 455, 46700
NC 2.04	Identify the behavioral and environmental factors that contribute to chronic diseases and the methods for reducing problems associated with chronic diseases or conditions (asthma, allergies, diabetes, and epilepsy.)	10, 11, 12-14, 15, 28-29, 95, 96, 108, 255, 259-260, 261-262, 265, 285, 292, 296, 305, 312, 313, 319, 321, 322, 323, 324-325, 328, 330, 346, 347, 358-359, 379, 399, 413, 415, 419-421, 428, 434, 436, 440-441, 456, 457, 509, 511, 516, 525, 527, 528, 529, 536, 537-538, 543-547, 553-555, 557, 560, 561, 562, 569-570, 371, 586, 688-689, 690, 691, 692-694, 695-696, 697-699, 700, 701, 702-706, 707, 708, 710, 711, 714, 716-718, 719, 800-801, 802, 803, 805, 814, 815	TE: 11-15, 19, 20, 702
NC 2.05	Summarize the benefits of rest and sleep for personal health.	7, 20, 28, 100-101, 398, 404, 434, 445	TE: 6-10
NC 2.06	Predict the potential health and social consequences of popular fads or trends (e.g., body piercing, tattooing.)	358-359, 362, 374, 378, 636, 671, 676, 696, 697	TE: 359, 362, 378, 63

**GLENCOE HEALTH © 2009  
CORRELATED TO  
NORTH CAROLINA  
HEALTHFUL LIVING CURRICULUM STANDARDS  
FOR GRADES 9–12**

	definition	SE pages	TWE pages
NC 2.07	Evaluate the risks associated with operating ATVs and motorcycles.	744-747, 748-749, 754	TE: 748, 749
NC 2.08	Compare and contrast how positive and negative health behaviors can have life long effects.	10, 17-18, 19-20, 28, 59, 208-209, 255, 264, 284, 292, 296, 312, 319-322, 323, 346, 364-366, 386, 402, 413, 419-421, 434, 544-547, 550, 552, 560-561, 569-570, 573-576, 577, 586-587, 660-663, 666, 668, 671, 673, 675-676, 860, 682-684, 690, 693, 694, 697-698, 699, 701, 706-707, 708, 714, 716-718	TE: 11-15, 16-20, 21-511
NC 2.09	Deconstruct how media and popular culture affect normative beliefs that contradict scientific research on health and well-being.	14, 15, 29, 37, 46-47, 49, 52-53, 57, 207, 216, 297, 302, 366, 540-541, 542, 548, 554, 562, 572-573, 575, 587, 593	TE: 14, 56, 74, 184, 255, 297, 350-351, 57
<b>Standard: 3</b>	<b>The learner will develop health and effective interpersonal communication and relationship skills.</b>		
NC 3.01	Demonstrate the ability to respond to others with empathy.	80, 83, 87, 104, 105, 114, 124, 155, 172, 187	TE: 34-35, 102, 103, 172, 181, 196, 239, 6€
NC 3.02	Demonstrate refusal, negotiation, and collaboration skills to avoid potentially harmful situations.	34-36, 39, 56, 98, 146, 152-157, 158, 160-162, 163, 197, 198-201, 202-204, 210, 212, 214-215, 220-223, 224-228, 235, 244-245, 247, 359, 501, 512, 550, 552, 561, 571, 577, 583, 587, 592, 611, 612, 616, 664, 665-666, 668, 701	TE: 16-20, 36, 98, 19: 234, 307, 570, 576, 5€ 659, 742
NC 3.03	Demonstrate strategies for solving interpersonal conflict without harming self or others.	35, 36, 56, 152-155, 157, 158, 161-162, 172, 220-223, 224-228, 244-245, 504-505, 507, 512, 730, 744	TE: 218-223, 224-228 241, 246
NC 3.04	Analyze how power and control in relationships can contribute to aggression and violence.	83, 229-230, 235, 236-238, 244-245, 246	TE: 179, 229-235, 24:
NC 3.05	Formulate principles for healthy dating.	142-147, 178-179, 205-208, 209-211, 215-216, 236-238, 664-665	TE: 141-147, 148-151
NC 3.06*	Evaluate how a mutually faithful monogamous heterosexual relationship in the context of marriage is the best lifelong means of avoiding sexually transmitted diseases, including HIV/AIDS	208-209, 211, 215-216, 449, 451, 455, 456, 628-629, 632, 645, 647, 652, 658-663, 664-666, 668, 669-671, 673, 674-676, 680, 682-684, 699, 717	TE: 664-668, 674-67€
NC 3.07*	Demonstrate and refine skills and strategies for becoming or remaining abstinent from sexual activity, which is the most certain means of avoiding unintended pregnancy and sexually transmitted diseases, including HIV/AIDS	36, 202-204, 206, 207-209, 210, 211, 214, 215-216, 449, 451, 455, 628-629, 632, 645, 647, 652, 658-663, 664, 665-666, 668, 669-671, 673, 674-676, 680, 682-683, 684	TE: 205-211, 664-66€
NC 3.08*	Analyze causes, consequences, and prevention of major health risk behaviors for own age group, including the transmission of HIV	16-20, 29, 115, 122-123, 133, 179, 199-204, 208-209, 211, 215, 216, 230, 233-234, 235, 239, 245-246, 542-547, 548-552, 560-562, 564-565, 568-571, 572-575, 577, 578-583, 584, 586-588, 589, 593-597, 599-602, 603-610, 611-615, 616, 618-620, 621, 628-629, 632, 645, 647, 652, 656-657, 658-663, 665-666, 668, 669-671, 673, 674-676, 679, 680, 682-684, 685, 737, 742, 745, 749	TE: 16-20, 209, 595, 679, 680
NC 3.09*	Predict situations that could lead to pressures for sex and create alternatives or ways to avoid these situations, including feedback from parents/caregivers, or trusted adults.	205, 206-208, 210-211, 214, 215-216, 235, 665-666, 668, 676	TE: 205-211, 664-66€

**GLENCOE HEALTH © 2009  
CORRELATED TO  
NORTH CAROLINA  
HEALTHFUL LIVING CURRICULUM STANDARDS  
FOR GRADES 9–12**

	definition	SE pages	TWE pages
<b>Standard: 4</b>	<b>The learner will apply knowledge and behavior self-management skills to areas of nutrition and physical activity for healthy growth, development, and maintenance.</b>		
NC 4.01	Delineate how healthy eating and physical activity can reduce the risk for chronic diseases (e.g., obesity, heart disease, cancer, diabetes, hypertension, and osteoporosis).	101, 109, 255, 259-260, 261-262, 264-265, 269, 273, 284, 285, 289-290, 291, 292-293, 305, 312, 314, 316-317, 318-321, 322, 323, 324-325, 328, 330, 344, 346, 347, 380-381, 383, 384, 386, 402, 405, 408, 413, 414, 415, 419, 434, 436, 445, 509, 511, 516, 690, 693-694, 698, 699, 706-707, 708, 714, 716-717, 718	TE: 11-15, 508-511, 7
NC 4.02	Identify the number of servings of food and beverages from each food group a person needs each day and explain the value of each and relationships between the groups to provide balanced nutrition.	254-255, 258-266, 266-269, 270-273, 284-285, 290-291, 426, 699	TE: 266-273
NC 4.03	Develop specific eating plans to meet nutritional requirements for special dietary needs (e.g. athletic training, pregnancy, food allergies, and diabetes).	274, 280-281, 286, 303, 304-307, 309, 313-314, 427-428, 473, 475, 477, 490, 693, 703	TE: 254, 274, 293, 30
NC 4.04	Analyze the benefits of nutrients such as folic acid.	252-253, 255-257, 258-262, 263-264, 265, 284, 285-286, 358, 365, 370, 377, 383, 386, 473	TE: 258-265
NC 4.05	Evaluate specific diet plans found in popular magazines, books, internet sites, and infomercials for health benefits and consequences.	24-25, 46-49, 52-53, 57, 258, 294-296, 298-299, 302, 312-313, 315, 434	TE: 258-265, 298, 53:
NC 4.06	Evaluate specific exercise routines/programs and consumer issues found in popular magazines, books, internet sites, and infomercials for health benefit and consequences.	24-25, 46-49, 52-53, 57, 315, 318-322, 323, 324-330, 332-336, 337-338, 346-347, 434, 481	TE: 48, 52
NC 4.07	Design a personal weight management (healthy eating and physical activity) plan based on personal health and nutrient needs.	258-265, 266-273, 284-286, 288-289, 290-293, 294-296, 298-299, 302, 303-306, 309, 313, 314, 315, 318-319, 322, 323, 324-330, 331-336, 337-338, 346-348, 349, 434	TE: 290-296, 303-306
NC 4.08	Differentiate between healthful and harmful food and beverage consumption habits.	252-253, 254-257, 258, 261, 266-269, 270-273, 284-285, 291-293, 294-296, 298-299, 302, 310, 312-313, 315, 370, 383, 386, 426, 427, 690, 693, 698, 699, 706, 708, 714, 718	TE: 288-296, 297-302
NC 4.09	Demonstrate how to develop a healthy and well-balanced vegetarian eating plan.	303, 304, 308, 309, 313, 314	TE: 303, 304, 305
NC 4.10	Predict the short and long-term effects of eating disorders on healthy growth and development, and identify resources for seeking help for people with eating disorders.	182, 294, 297, 300-302, 312, 313, 314	TE: 297-302, 314
NC 4.11	Summarize the effects of hydration and dehydration on physical and mental performance, the risks of dehydration, and how to maintain hydration.	264-265, 285, 306, 309, 314, 339, 340, 406-407, 429, 430	TE: 264, 265, 306
NC 4.12	Determine appropriate methods for avoiding and responding to climate related physical conditions during physical activity.	339-341, 343, 347-348, 739-741, 743, 753	TE: 339, 340, 341
<b>Standard: 5</b>	<b>The learner will choose not to participate in substance abuse.</b>		
NC 5.01	Analyze the dangers, legal, and ethical issues related to using performance enhancing drugs (including anabolic steroids).	307, 309, 314, 450, 601, 602, 619, 621	TE: 306, 307, 328, 44

**GLENCOE HEALTH © 2009  
CORRELATED TO  
NORTH CAROLINA  
HEALTHFUL LIVING CURRICULUM STANDARDS  
FOR GRADES 9–12**

	definition	SE pages	TWE pages
NC 5.02	Analyze the risks associated with using alcohol or other drugs and driving (motor vehicle, ATV, water recreational vehicle) or riding with someone under the influence.	200, 564-565, 567-568, 571, 578-579, 583, 587, 588, 600, 602, 609, 619, 742, 745, 748-749	TE: 566-571
NC 5.03	Evaluate the relationship between intravenous drug use and transmission of blood born diseases (HIV, tuberculosis, and hepatitis).	593, 601, 608, 610, 636, 637, 671, 674-676, 683	TE: 593, 669-673
NC 5.04	Advocate to others the harmful effects of binge drinking.	569-570, 571, 586	TE: 569, 570
NC 5.05	Predict potential effects of an individual's substance abuse on others.	176, 179, 230, 239, 567-568, 569-570, 574-575, 577, 578-580, 582, 583, 586-588, 594-597, 600-601, 602, 604, 605-610, 618-619, 737, 745	TE: 578-583, 595, 596
NC 5.06	Define "Fetal Alcohol Syndrome", explain its effects, and describe how it is prevented.	474, 477, 490, 712, 580, 588, 712	TE: 474, 580
NC 5.07	Infer the effects of tobacco and other drugs on unborn children.	474-475, 477, 490, 544, 554, 557, 561, 596, 610, 712	TE: 471, 474, 475, 476