

TEEN HEALTH COURSE 2 © 2003
Correlation to the National Health Education Standards

	STANDARD	PERFORMANCE INDICATOR
CHAPTER 3 <i>Physical Activity and Fitness</i>		
Lesson 1 <i>Physical Activity and Health</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.3	Explain how health is influenced by the interaction of body systems.
	1.6	Describe ways to reduce risks related to adolescent health problems.
	1.8	Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
Lesson 2 <i>The Skeletal and Muscular Systems</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.3	Explain how health is influenced by the interaction of body systems.
	1.6	Describe ways to reduce risks related to adolescent health problems.
	1.8	Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
Lesson 3 <i>The Circulatory System</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.3	Explain how health is influenced by the interaction of body systems.
	1.6	Describe ways to reduce risks related to adolescent health problems.
	1.8	Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.

Lesson 4 <i>Developing a Personal Fitness Program</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.3	Explain how health is influenced by the interaction of body systems.
	1.6	Describe ways to reduce risks related to adolescent health problems.
	1.8	Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	6.4	Apply strategies and skills needed to attain personal health goals
	6.5	Describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.
Lesson 5 <i>Sports and Physical Wellness</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.6	Describe ways to reduce risks related to adolescent health problems.
	1.8	Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.
	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	6.1	Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.
	6.2	Analyze how health-related decisions are influenced by individual, family, and community values.
	6.3	Predict how decisions regarding health behaviors have consequences for self and others.