

TEEN HEALTH COURSE 2 © 2005
National Health Education Standards
Correlation by Chapter and Lesson

| | STANDARD | PERFORMANCE INDICATOR |
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| 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. |

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| | 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. |