

**TEEN HEALTH COURSE 3 © 2005**  
**National Health Education Standards**  
**Correlation by Chapter and Lesson**

	STANDARD	PERFORMANCE INDICATOR
<b>CHAPTER 9 <i>Physical Activity and Fitness</i></b>		
Lesson 1 <i>The Benefits of Physical Activity</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.2	Describe the interrelationships of mental, emotional, social, and physical health during adolescence.
	1.3	Explain how health is influenced by the interaction of body systems.
	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.
	3.7	Demonstrate strategies to manage stress.
Lesson 2 <i>Endurance, Strength, and Flexibility</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.
	1.8	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.
	3.2	Analyze a personal health assessment to determine health strengths and risks.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
Lesson 3 <i>Setting Fitness Goals</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	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.

	3.5	Develop injury prevention and management strategies for 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.
	6.6	Develop a plan that addresses personal strengths, needs, and health risks.
Lesson 4 <i>Staying Fit and Avoiding Injury</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.
	3.5	Develop injury prevention and management strategies for personal and family health.
	5.6	Demonstrate refusal and negotiation skills to enhance health.