

By the end of Grade 12

Adopted 2002

Concepts of Health

A. Stages of Growth and Development

- A. Evaluate factors that impact growth and development during adulthood and late adulthood.
 - acute and chronic illness
 - communicable and non-communicable disease
 - health status
 - relationships (e.g., marriage, divorce, loss)
 - career choice
 - aging process
 - retirement
- 10.1.12.A
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B. Interaction of Body Systems

- B. Evaluate factors that impact the body systems and apply protective/preventive strategies.
 - fitness level
 - environment (e.g., pollutants, available health care)
 - health status (e.g., physical, mental, social)
 - nutrition
- 10.1.12.B
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C. Nutrition

- C. Analyze factors that impact nutritional choices of adults.
 - cost
 - food preparation (e.g., time, skills)
 - consumer skills (e.g., understanding food labels, evaluating fads)
 - nutritional knowledge
 - changes in nutritional requirements (e.g., age, physical activity level)
- 10.1.12.C
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D. Alcohol, Tobacco and Chemical Substances

- D. Evaluate issues relating to the use/non-use of drugs.
 - psychology of addiction
 - social impact (e.g., cost, relationships)
 - chemical use and fetal development
 - laws relating to alcohol, tobacco and chemical substances
 - impact on the individual
 - impact on the community
- 10.1.12.D
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E. Health Problems and Disease Prevention

- E. Identify and analyze factors that influence the prevention and control of health problems.
 - research
 - medical advances
 - technology
 - government policies/regulations
- 10.1.12.E
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Healthful Living

A. Health Practices, Products and Services

- A. Evaluate health care products and services that impact adult health practices. 10.2.12.A

B. Health Information and Consumer Choices

- B. Assess factors that impact adult health consumer choices.
 - access to health information
 - access to health care
 - cost
 - safety
- 10.2.12.B
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C. Health Information and the Media

- C. Compare and contrast the positive and negative effects of the media on adult personal health and safety. 10.2.12.C
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D. Decision-making Skills

- D. Examine and apply a decision-making process to the development of short and long-term health goals. 10.2.12.D
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E. Health and the Environment

- E. Analyze the interrelationship between environmental factors and community health.
 - public health policies and laws/health promotion and disease prevention
 - individual choices/maintenance of environment
 - recreational opportunities/health status
- 10.2.12.E
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Safety and Injury Prevention**A. Safe/Unsafe Practices**

- A. Assess the personal and legal consequences of unsafe practices in the home, school or community.
 - loss of personal freedom
 - personal injury
 - loss of income
 - impact on others
 - loss of motor vehicle operator's license
- 10.3.12.A
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B. Emergency Responses/Injury Management

- B. Analyze and apply strategies for the management of injuries.
 - CPR
 - advanced first aid
- 10.3.12.B
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C. Strategies to Avoid/Manage Conflict

- C. Analyze the impact of violence on the victim and surrounding community. 10.3.12.C
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D. Safe Practices in Physical Activity

- D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down). 10.3.3.D
 - D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.3.12.D
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Physical Activity**A. Physical Activities That Promote Health and Fitness**

- A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. 10.4.12.A

B. Effects of Regular Participation

- B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. socialphysiologicalpsychological 10.4.12.B
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C. Responses of the Body Systems to Physical Activity

- C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. aginginjurydisease 10.4.12.C
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D. Physical Activity Preferences

- D. Evaluate factors that affect physical activity and exercise preferences of adults. personal challengephysical benefitsfinancesmotivationaccess to activityself-improvement 10.4.12.D
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E. Physical Activity and Motor Skill Improvement

- E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. 10.4.12.E
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F. Physical Activity and Group Interaction

- F. Assess and use strategies for enhancing adult group interaction in physical activities. shared responsibilityopen communicationgoal setting 10.4.12.F
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Concepts, Principles and Strategies of Movement**A. Movement Skills and Concepts**

- A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. 10.5.12.A
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B. Motor Skill Development

- B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. open and closed skillsshort-term and long-term memoryaspects of good performance 10.5.12.B
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C. Practice Strategies

- C. Evaluate the impact of practice strategies on skill development and improvement. 10.5.12.C
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D. Principles of Exercise/Training

- D. Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use. 10.5.12.D

E. Scientific Principles That Affect Movement

- E. Evaluate movement forms for appropriate application of scientific and biomechanical principles.
- efficiency of movement
 - mechanical advantage
 - kinetic energy
 - potential energy
 - inertia
 - safety
- 10.5.12.E

F. Game Strategies

- F. Analyze the application of game strategies for different categories of physical activities.
- individual
 - team
 - lifetime
 - outdoor
- 10.5.12.F