

HEALTH PROMOTION AND PREVENTION OF ILLNESS

Health Promotion and Prevention of Illness

- _____ Analyze possible outcomes of effective health promotion and illness prevention (e.g. reduction/management of stress, improved fitness, lessened likelihood of injury and illness, role of food and drug administration, healthful eating habits). **Health-01**
- _____ Demonstrate basic procedures in injury prevention and emergency care that can be used in the home, workplace and community (first aid/CPR/AED). **Health-02**
- _____ Identify careers involved in health promotion, health care and injury prevention. **Health-03**

Factors that Influence Health

- _____ Compare and contrast the characteristics of positive mental health and mental illness, and identify problem solving strategies for healthy decision making. **Health-04**

HUMAN BODY

Structure and Function of Human Body

- _____ Explain how the reproductive, digestive and cardiovascular systems function and how they can be maintained and improved (e.g. by exercise, good nutrition, safety and reduced stress management). **Health-05**

Effects of Health Related Actions

- _____ Explain immediate and long-term affects of health habits and lifestyle choices on the body systems (diet/heart disease, exercise/fat reduction, stress management/emotional health, legal/illegal drug use). **Health-06**

COMMUNICATION AND CONFLICT RESOLUTION

Decision Making Skills

- _____ Formulate strategies to prevent conflict and resolve differences. **Health-07**

Protection and Promotion of Individual Health

- _____ Conduct a student self appraisal of health habits and formulate a plan to achieve health goals. **Health-08**