

10.1. Concepts of Health		
10.1.12. GRADE 12		
<i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
By Grade 12	HPW: Primary Source	HPW Secondary Source
<p>A. Evaluate factors that impact growth and development during adulthood and late adulthood.</p> <ul style="list-style-type: none"> acute and chronic illness communicable and non- communicable disease health status relationships (e.g., marriage, divorce, loss) 	<p>TE 2-6, 8-15, 40-44, 46-55, 240-246, 286-338 SA 1,2,8,9,10,11,71,72,81,82,83,84,85,86,87 EA 1,2,5,51,52,53,54,55 TR 64-69: Cancer 70-75 Cardiovascular Disease 76-77 STDs 78-82 HIV/AIDS SRCD Adventures in Parenting; Common Illnesses and Symptoms; Frequently Asked Questions About HIV/AIDS; Tips for Teens: The Truth about HIV/AIDS; How getting High Can Get you AIDS</p>	<p>V Lest We Forget</p>
<p>B. Evaluate factors that impact the body systems and apply protective/preventive strategies.</p> <ul style="list-style-type: none"> fitness level environment (e.g., pollutants, available health care) health status (e.g., physical, mental, social) nutrition 	<p>TE 16-24, 26-37, 64-77, 79-96, 152-158, 180-185, 220-239, 248-253 SA 4,5,6,7,14,15,16,17,18,19,20,21,22,23,24,52,53,57, 58,59,67-70, 73-75 EA 6,7,8,9,10,11,27,28,32,33,34,35,36,43,44,45 TR 2-5 Emotional Well-Being 15 Stress Response 16-18 Stress-Related Illness 19-21 Common Stressors 24-25 Depression/Suicide SRCD Let’s Talk About Depression</p>	<p>CD Fun Facts: Body Systems; CD Life Begins V The Truth About Body Image V Setting Goals for Healthy Living V Handling Stress V I Don’t Really Want to Leave</p>
<p>C. Analyze factors that impact nutritional choices of adults.</p> <ul style="list-style-type: none"> 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) 	<p>TE 186-195, 197-207 SA 60,61,62,63,64 EA 37,38,39,41 TR 35-39 Dietary Guidelines/MyPyramid 40 Nutrition Facts Food Label 41 Preventing Foodborne Illness 42-43 Vegetarian Diets 44 Health Consequences of eating Disorders SRCD Nutritional Values Chart, Food Labels, Finding a Way to a Healthier You, Anatomy of MyPyramid, What Counts as a Cup/Oz Equivalent?</p>	

<p>D. Evaluate issues relating to the use/non-use of drugs.</p> <ul style="list-style-type: none"> • psychology of addiction • social impact (e.g., cost, relationships) • chemical use and fetal development • laws relating to alcohol, tobacco and chemical substances 	<p>TE 98-1100, 102-108, 110-116, 118-126, 128-140, 142-149 SA 25-51 EA 12-26 TR 26-34 SRCD HPW Drug Trivia Game; Prescription Pain and Other Medications; Tips for Teens: The Truth about Tobacco; Smoking and Pregnancy; Tips for Teens: The Truth about Alcohol; FAQs about Alcohol Use and Alcoholism; Tips for Teens: The Truth about Marijuana; Marijuana Facts for Teens; Club Drugs</p>	<p>CD Fun Facts: Drugs Prevention CD Smoking and Chewing</p>
<p>E. Identify and analyze factors that influence the prevention and control of health problems.</p> <ul style="list-style-type: none"> • research • medical advances • technology • government policies/regulations 	<p>TE 2-6, 8-15, 104-108, 123-127, 138-141 SA 1,2,3,27,28,29,36,37,38,41 EA 1,2 TR 1 Wellness Continuum TR 34 The Decision Making Process SRCD HPW Health Trivia Game</p>	<p>CD Smoking and Chewing</p>
<p>10.2. Healthful Living 10.2.12. GRADE 12</p>		
<p><i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i></p>		
<p>By Grade 12</p>	<p>HPW: Primary Source</p>	<p>HPW Secondary Source</p>
<p>A. Evaluate health care products and services that impact adult health practices.</p>	<p>TE 114-117, 214-215, 248-250, 310-311 SA 32,33,65,66,73 TR 47 Buying Health Care Products & Services SRCD Nutritional Values Chart</p>	
<p>B. Assess factors that impact adult health consumer choices.</p> <ul style="list-style-type: none"> • access to health information • access to health care • cost • safety 	<p>TE 110-113, 123-127, 212-216, 296-299 SA 32,33,34,36,37,38 TR 47 Buying Health Care Products & Services TR 68 Warning Signs of cancer TR 69 Medical Tests for Early Detection SRCD 6 Major Conclusions of the Surgeon Generals Report on Secondhand Smoke; Prescription Pain and Other Medications</p>	
<p>C. Compare and contrast the positive and negative effects of the media on adult personal health and safety.</p>	<p>TE 104-106, 123-124, 129-130, 143-144, 183-185, 264-265 SA 27,28,46,47,59 EA 15,20,24,25 TR 55 Violence in the Media TR 44 Health Consequences of Eating Disorders TR 31 Social Impact of Alcohol Abuse</p>	

<p>D. Examine and apply a decision-making process to the development of short and long-term health goals.</p>	<p>TE 34-37, 48, 60-62, 81-85, 88, 108, 117, 125-126, 139-141, 193-199 SA 7,9,13,18,19,20,34,37,41,42,43,60,61,63 EA 10,39,40 TR 14 Resolving Conflicts TR 34 The Decision Making Process SRCD Teen Dating Violence; Nutritional Values Chart</p>	<p>C Resolving Conflicts</p>
<p>E. Analyze the interrelationship between environmental factors and community health.</p> <ul style="list-style-type: none"> • public health policies and laws/health promotion and disease prevention 	<p>TE 160-171, 172-177 SA 1054,55,56 EA 27,28,29,30,31</p>	<p>C Community Health Problem Solving Cards</p>

10.3. Safety and Injury Prevention

10.3.12. **GRADE 12**

Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:

By Grade 12	HPW Primary Source	HPW Secondary Source
<p>A. Assess the personal and legal consequences of unsafe practices in the home, school or community.</p> <ul style="list-style-type: none"> • loss of personal freedom • personal injury • loss of income • impact on others • loss of motor vehicle operator’s license 	<p>TE 56-62, 124, 132-137, 160-165, 256-269 SA 12,13,39,40,76,77 EA 29,46,47,48 TR 13,14, Dealing with/Resolving Conflict TR 53-59 Preventing Violence SRCD Teen Dating Violence</p>	<p>C Responding to Conflict. Resolving Conflicts V The Truth About Violence; V Acquaintance Rape; V In Real Life: Sexual Harassment</p>
<p>B. Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> • CPR • advanced first aid 	<p>TE 270-284 SA 78,79,80 EA 49,50 TR 60-61 CPR TR 62-63 Common Causes of Emergencies SRCD Disaster Supply Kit</p>	<p>V The Truth about Violence</p>
<p>C. Analyze the impact of violence on the victim and surrounding community.</p>	<p>TE 256-259 EA 46 TR 53 Violence in America</p>	
<p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p>	<p>TE 208-211 SA 64 TR 45 Benefits of Exercise TR 46 Components of Fitness</p>	
<p>10.4. Physical Activity</p>		

****PLEASE REFER TO YOUR PE CURR****