

Grade 12 Health

Content Standards:

Students will:

- Know how to establish and maintain physical, social, and mental/emotional health
- Know how to prevent injury and disease
- Understand basic principles of human growth and development
- Know how to establish and maintain substance-free lifestyles

Major resources:

Health, Skills for Wellness (Prentice Hall 1994)

Benchmark	Topic
<ol style="list-style-type: none"> 1. Identify situations that cause stress. 2. Explain how the body responds when it is faced with stress. 3. Develop a plan for managing stress and maintaining health. 	<p style="text-align: center;">Managing Stress (Chapter 3)</p>

Benchmark	Topic
<ol style="list-style-type: none"> 1. Explain what mental disorders are and what may cause them. 2. Identify classifications of mental disorders. 3. Analyze factors that contribute to feelings of isolation and depression. 4. Develop coping strategies and explain how to access resources to prevent suicide. 5. Identify, locate and access resources available to deal with mental health issues. 	<p style="text-align: center;">Mental Disorders and Suicide (Chapter 4)</p>

Benchmark	Topic
<ol style="list-style-type: none"> 1. Know the important characteristics of addiction. 2. Understand how emotional pain can lead to addiction. 3. Recognize cues signaling addiction and know where 	<p style="text-align: center;">Addiction, Intervention and Recovery</p>

to seek help.

4. Gain strategies to help a friend who has an addicted family member or close friend.

Benchmark	Topic
<ol style="list-style-type: none"> 1. Identify the six classes of nutrients and describe their functions in the body. 2. Describe the organization of the Food Guide Pyramid. 3. Discuss the relationship between food intake, exercise and body weight. 4. Evaluate weight reducing diets and understand what an appropriate weight range is 5. Explain the principals of safe weight gain and weight loss. 6. List the short-term and long-term effects of anabolic steroid use. 	<p style="text-align: center;">Food and Nutrition, Making Healthy Food Choices (Chapter 12, 13)</p>

Benchmark	Topic
<ol style="list-style-type: none"> 1. Identify the kinds of health-care services that are available to the consumer. 2. Describe what you can expect during a medical examination. 3. Explain the difference between conventional health insurance and managed-care health insurance. 4. Explain how to evaluate health-care products and 	<p style="text-align: center;">Managing Health Care (Chapter 26)</p>

services.