

**1<sup>ST</sup> YEAR HIGH SCHOOL HEALTH CHECKLIST**  
**Goals 19 - 24**  
**Illinois Learning Standards A-C**  
**Performance Descriptors**

**PRINCIPLES OF HEALTH PROMOTION**

- \_\_\_\_\_ Explore ways that technology can be used to impact health and safety.
- \_\_\_\_\_ Discuss ways that the media has influenced health and safety issues.
- \_\_\_\_\_ Apply basic first aid procedures (e.g., CPR, Heimlich maneuver).
- \_\_\_\_\_ Recognize the differences between communicable and non-communicable diseases.
- \_\_\_\_\_ Define the terms 'chronic' and 'acute'.
- \_\_\_\_\_ Describe the differences among chronic and acute diseases.
- \_\_\_\_\_ Know the differences among diseases that are communicable, on-communicable, acute, chronic, and degenerative.
- \_\_\_\_\_ Determine the signs and symptoms of the top three chronic diseases (cancer, heart disease, and diabetes).
- \_\_\_\_\_ Identify organisms that cause STDs.
- \_\_\_\_\_ Investigate ways that effective health promotion and illness prevention can maintain and/or improve health.

**INFLUENCES ON HEALTH**

- \_\_\_\_\_ Discuss laws that have been written to govern the production and dissemination of health information and products (e.g., food labels).
- \_\_\_\_\_ Identify the steps to follow to become an informed and intelligent health consumer.
- \_\_\_\_\_ Explain what it means to be health literate.
- \_\_\_\_\_ Discuss how peoples' productivity (at school, at work, at home) is affected by health.
- \_\_\_\_\_ Know the differences between personnel and agencies whose job it is to prevent, control, and maintain health.
- \_\_\_\_\_ Discuss the role that the media has had and should have in the dissemination of health information and in the promotion of health-related products.

- \_\_\_\_\_ Investigate the socio-economic effects of health-related issues (prevention, productivity, insurance, health care).
- \_\_\_\_\_ Explain the need for appropriate health care throughout life for the prevention and maintenance of health.

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**HEALTH AND ENVIRONMENT**

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- \_\_\_\_\_ Discuss global environmental problems and how they affect people.
- \_\_\_\_\_ Analyze the history and progress of environmental problems.
- \_\_\_\_\_ Investigate food preparation and its effect on food borne illnesses.
- \_\_\_\_\_ Discover ways that an individual can reduce the risks of being afflicted with a food borne illness.
- \_\_\_\_\_ Recognize the relationship between the environment, disease, and health (e.g., genetic altering of food supply, use of pesticides).

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**BODY SYSTEMS**

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- \_\_\_\_\_ Recognize that all of the body's systems interrelate and impact each other.
- \_\_\_\_\_ Describe the effects of nutrition, stress, substances, and disease on the body's systems.
- \_\_\_\_\_ Analyze the effects of different forms of exercise on the body's systems.
- \_\_\_\_\_ Investigate ways and behaviors that can improve or maintain the functioning of the body's systems.
- \_\_\_\_\_ Recognize personal health behaviors and choices that help or hinder the functioning of the body's systems.
- \_\_\_\_\_ Analyze the effects of drug use on vehicle operation.
- \_\_\_\_\_ Analyze how behaviors can impact the maintenance of health and/or the prevention of disease.
- \_\_\_\_\_ Discuss the effects of sleep deprivation on the body.
- \_\_\_\_\_ Describe the short-term and long-term effects of stress on the body.
- \_\_\_\_\_ Know the effects that disease can have on the body's systems (e.g., diabetes, cancer).
- \_\_\_\_\_ Compare nutritional value of supplements and additives.

\_\_\_\_\_ Evaluate a diet in terms of sugar, sodium, fats, and fiber.

\_\_\_\_\_ List choices that have a positive influence on health.

\_\_\_\_\_ List choices that have a negative influence on health.

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## **GROWTH AND DEVELOPMENT**

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\_\_\_\_\_ Identify the responsibilities and consequences in relationships.

\_\_\_\_\_ Demonstrate stress management techniques.

\_\_\_\_\_ Explain the long-term effects of stress on physical, mental, emotional, and social health.

\_\_\_\_\_ List interventions and strategies that can be utilized in a variety of health-related situations.

\_\_\_\_\_ Discuss the characteristics and development needs related to the stages of the life cycle.

\_\_\_\_\_ Identify the different stages of the life cycle.

\_\_\_\_\_ Explain the relationship between conception and the fertility cycle.

\_\_\_\_\_ Apply the principles of energy balance, calorie intake, and expenditure to plan a diet and activity routine that will result in healthy body weight and composition.

\_\_\_\_\_ Incorporate effective methods of communication (verbal, non-verbal, and written) into daily activities.

\_\_\_\_\_ Analyze food choices and activity practices used to maintain weight and body composition.

\_\_\_\_\_ Discuss how health-related choices made today can affect a person's physical, mental, emotional, and social growth and development in the future.

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## **COMMUNICATION AND CONFLICT**

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\_\_\_\_\_ Practice negotiation, mediation, and conflict resolution skills.

\_\_\_\_\_ Describe the effect of conflict and violence upon the health of the individual.

\_\_\_\_\_ Describe the effect of conflict and violence upon the health of a family.

\_\_\_\_\_ Describe the effect of conflict and violence upon the health of the community and school.

- \_\_\_\_\_ Discuss strategies for maintaining a safe school environment.
- \_\_\_\_\_ Advocate ways to promote a safe school environment.
- \_\_\_\_\_ Predict how emotions may be communicated in different situations.
- \_\_\_\_\_ Analyze good communication skills in relationships.
- \_\_\_\_\_ Analyze causes and effects of violence.
- \_\_\_\_\_ Critique the media's influence on behavior.
- \_\_\_\_\_ Identify positive methods for addressing interpersonal differences.

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### **DECISION MAKING SKILLS**

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- \_\_\_\_\_ Explain how adolescent health problems can affect others.
- \_\_\_\_\_ Explain the value of identifying options to solve a health-related problem.
- \_\_\_\_\_ Analyze the options to solve a health-related problem.
- \_\_\_\_\_ Determine which option best solves the health-related problem.
- \_\_\_\_\_ Analyze option choices and determine the impact each could have on successfully solving a health-related problem or making a health-related decision.

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### **ESSENTIAL HEALTH SKILLS**

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- \_\_\_\_\_ Identify short-term personal life goals.
- \_\_\_\_\_ Identify long-term personal life goals.
- \_\_\_\_\_ Monitor achievement and revise short-term personal life goals.
- \_\_\_\_\_ Identify personal health goals (i.e., avoiding substances, dating limits, nutrition, and fitness).
- \_\_\_\_\_ Use decision-making skills to determine personal health goals (e.g., determining whether or not to smoke).
- \_\_\_\_\_ Identify barriers that could limit achievement of personal health goals.