

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

**PRINCIPLES OF HEALTH PROMOTION**

- \_\_\_\_\_ Chronicle past, present and future technologies that impact health and safety.
- \_\_\_\_\_ Cite specific examples of how the media has impacted views and/or responses to health or safety issues.
- \_\_\_\_\_ Apply basic first aid procedures (all presented to date).
- \_\_\_\_\_ Describe strategies used to manage communicable diseases.
- \_\_\_\_\_ Identify strategies that can be used to manage chronic and degenerative diseases.
- \_\_\_\_\_ Analyze personal health strategies that can be followed to maintain and/or improve health.
- \_\_\_\_\_ Compare and contrast chronic and communicable diseases.
- \_\_\_\_\_ Evaluate the effectiveness of health prevention and illness prevention methods and/or programs.
- \_\_\_\_\_ Discover long-term consequences of STDs.

**INFLUENCES ON HEALTH**

- \_\_\_\_\_ Analyze laws that govern the production and dissemination of health information and products.
- \_\_\_\_\_ Demonstrate the ability to find reliable health information.
- \_\_\_\_\_ Recommend ways that individuals, families, and communities can help improve and/or maintain health.
- \_\_\_\_\_ Summarize ways that the media have influenced the perception of health issues or health choices.
- \_\_\_\_\_ Plan ways to improve and/or maintain health throughout the life cycle.

**HEALTH AND ENVIRONMENT**

- \_\_\_\_\_ Describe specific steps one can take to minimize environmental problems.
- \_\_\_\_\_ Research ways the global community is addressing environmental issues.

\_\_\_\_\_ Summarize ways that individuals can impact environmental issues at home, at school, in their community, and in the global community.

\_\_\_\_\_ Compare and contrast how individuals, communities, states, and countries prevent and correct environmental problems.

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## **BODY SYSTEMS**

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\_\_\_\_\_ Analyze the interrelationships that the systems have on one another.

\_\_\_\_\_ Predict the impact that a person's health behaviors and/or choices may have on the body's systems.

\_\_\_\_\_ Explain how the use of drugs, alcohol, and tobacco can affect a fetus/infant.

\_\_\_\_\_ Design and construct a diet based on the Dietary Guidelines for Americans and the USDA Food Pyramid.

\_\_\_\_\_ Analyze how health-related choices made today can affect a person's health in the future.

\_\_\_\_\_ Explain how choices made by a pregnant woman can affect the health status and development of a fetus.

\_\_\_\_\_ 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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\_\_\_\_\_ Analyze the interrelationships of working, family roles, school, and peers on a person's physical, mental, emotional, and social health.

\_\_\_\_\_ Design and implement a personal health plan adaptable to changing lifelong needs.

\_\_\_\_\_ Explain how choices and behaviors of a pregnant woman can affect fetal health and development.

\_\_\_\_\_ Analyze diets for variety and balance.

\_\_\_\_\_ Evaluate dietary options, supplements, and additives as they might affect health.

\_\_\_\_\_ Analyze marketing/media influences on health choices.

\_\_\_\_\_ Analyze 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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- \_\_\_\_\_ Analyze the impact of conflict and violence on your community (e.g., crime rates, economic losses).
- \_\_\_\_\_ Compare the effect of conflict and violence upon the health of an individual, family, and community.
- \_\_\_\_\_ Advocate ways to promote a safe school environment.
- \_\_\_\_\_ Express acceptable methods of asserting yourself in peer group situations.
- \_\_\_\_\_ Discuss how emotions may be communicated in different situations.
- \_\_\_\_\_ Critique communication skills.
- \_\_\_\_\_ Theorize about the possible causes and effects of violence.
- \_\_\_\_\_ Assess the media's influence on behavior.
- \_\_\_\_\_ Simulate positive methods for addressing interpersonal differences.

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**DECISION MAKING SKILLS**

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- \_\_\_\_\_ Give examples of how community actions affect health (e.g. laws pertaining to seat belts, helmets, non-smoking areas).
- \_\_\_\_\_ Identify community actions that may impact your health.
- \_\_\_\_\_ Explain the immediate and long-term impacts of individual decisions concerning health issues.

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**ESSENTIAL HEALTH SKILLS**

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- \_\_\_\_\_ Monitor achievement and revise short-term personal goals.
- \_\_\_\_\_ Monitor achievement and revise long-term personal goals.
- \_\_\_\_\_ Predict barriers to achieving short and long-term personal goals.
- \_\_\_\_\_ Design a plan to achieve personal health goals.
- \_\_\_\_\_ Formulate a plan to overcome barriers that could limit achievement of personal health goals.