

**High School
Health Education Matrix (revised 12/07)**

Goals	Item #s	Skill	Health I: High School	Tested by Multiple Choice	Tested by Short Answer or Essay	Observed Mastery	Resource
Standard One: Health Behaviors							Text: Holt Lifetime Health
1. Recognize that personal health decisions and behaviors regarding hygiene and nutrition affect health throughout life.	41, 42	1	Compare immediate and long-range effects of personal health care choices such as personal and dental hygiene. (LO)	X	X	X	p. 566-575
	21	2	Examine the relationship among body composition, diet, and fitness.(1B)	X	X	X	Ch. 6-8
	23,26,27,29,30	3	Explain the relationships among nutrition, quality of life, and disease. (1C)	X	X	X	Ch. 7
	2, 39, 40, 60, 62	4	List ways to evaluate health products, practices, and services such as sunblocks, diet aides, and over-the counter medication. (LO)	X	X	X	Ch. 9 & Safety
	14, 37	5	Describe the causes, symptoms, and treatment of eating disorders.(1D)	X	X		Ch. 8
	12,24	6	Describe the importance of taking responsibility for establishing and implementing health maintenance for individuals and family members of all ages. (1I)	X	X	X	p. 556-563
2. Recognize that personal health decisions and behaviors regarding stress affect health throughout life.	15,16	7	Examine causes and effects of stress and develop strategies for managing stress and coping with anxiety and depression. (1H)	X	X	X	Ch. 4
3. Recognize that personal health decisions and behaviors regarding personal health care affect health throughout life.	55,61,63	8	Explain the role of preventive health measures, immunizations, and treatment in disease prevention such as wellness exams and checkups. (LO)	X		X	Ch. 1 & p. 556-559
4. Recognize and perform behaviors that reduce health risks and negative health consequences throughout life.		9	Explain the need for and use protective equipment when engaging in recreational activities. (LO)			X	Ch. 6 Lesson 3
	45	10	Analyze strategies for preventing and responding to deliberate and accidental injuries. (7F)	X			p. 576-613
		11	Analyze strategies to prevent suicides. (1G)			X	Ch. 4 Lesson 4
		12	Demonstrate basic first-aid procedures including CPR and the choking rescue. (LO)				p. 576-613

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Standard One: Health Behaviors (continued)							Text: Holt Lifetime Health
5. Develop and practice strategies for obtaining help in reducing health risks throughout life.	70,71						
		13	Analyze the importance of healthy strategies that prevent physical, sexual, and emotional abuse such as date rape. (7J)	X			Ch. 5 & LifeGuard
		14	Examine the legal and ethical ramifications of unacceptable behaviors such as harassment, acquaintance rape, and sexual abuse. (14B)			X	Ch. 5 & LifeGuard
		15	Identify situations requiring professional health services for people of all ages such as primary, preventive, and emergency care. (12A)			X	p. 556-563
6. Understand that tobacco, alcohol, and drug use result in negative consequences throughout life; develop skills to avoid these substances.	22,42,43,44,50,51,53						
		16	Analyze the harmful effects of alcohol, tobacco, drugs, and other substances such as physical, mental, social, and legal consequences. (7A)	X	X	X	Ch. 10 - 12
	49						
		17	Develop strategies for preventing use of tobacco, alcohol, and other addictive substances. (7C)	X	X	X	Ch. 10 - 12
		18	Analyze the importance of alternatives to drug and substance use. (7D)		X		Ch. 12
		19	Analyze and apply strategies for avoiding violence, gangs, weapons, and drugs. (7E)			X	Ch. 5
		20	Analyze the use and abuse of prescriptions and non-prescriptions and non-prescription medications such as over-the-counter. (LO)			X	X
	11						
		21	Explain the relationship between alcohol, tobacco, and other drugs and other substances used by adolescents and the role these substances play in unsafe situations such as Human Immunodeficiency Virus (HIV)/Sexually Transmitted Disease (STD), unplanned pregnancies, and motor vehicle accidents. (7B)	X		X	Lifeguard
	4						
		22	Associate risk-taking with consequences such as drinking and driving.(16D)	X	X		Ch. 10 & EMS
7. Understand the benefits of abstinence from sexual activity for unmarried persons.	68						
		23	Analyze the importance of abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age.(7K)	X	X		Lifeguard Ch. 19
	17						
		24	Analyze and communicate the importance and benefits of abstinence as it relates to health and discuss abstinence as the only method that is 100% effective preventative for pregnancy, STDs, HIV. (7H/L and 14C)	X		X	Lifeguard Ch. 18 & 21
		25	Analyze the effectiveness and ineffectiveness of barrier protection and other contraceptive methods including the prevention of Sexually Transmitted Diseases (STDs), keeping in mind the effectiveness of remaining abstinent until marriage.(7I)			X	Lifeguard
		26	Discuss the legal implications regarding sexual activity as it relates to minor persons.(5C)			X	Lifeguard

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Standard Two: Health Information							Text: Holt Lifetime Health
1. Recognize and use health information.		27	Demonstrate ways to utilize criteria to evaluate health information for appropriateness.(5B)			X	Ch. 2
		28	Demonstrate decision-making skills based on health information.(5D)			X	Ch. 2
		29	Develop evaluation criteria for health information.(5A)			X	Current Events
	58	30	Research information about a personal health concern.(17A)	X		X	Current Events
	13, 69	31	Demonstrate knowledge about personal and family health concerns.(17B)	X		X	Ch. 17 Lesson 3
	8	32	Develop strategies to evaluate information relating to a variety of critical health issues.(17C)	X		X	Current Events & throughout book
2. Know the basic structures and functions of the human body and how they relate to health.	1, 34, 36, 41, 52, 67, 73, 74	33	Examine the effects of health behaviors on body systems.(6A)	X			Ch. 14
		34	Explain fetal development from conception through pregnancy and birth.(3A)			X	Ch. 18 & LifeGuard
		35	Explain the importance of the role of prenatal care and proper nutrition in promoting optimal health for both the baby and the mother such as breast feeding.(3B)			X	Ch. 18
	18	36	Analyze the harmful effects of certain substances on the fetus such as alcohol, tobacco, other drugs, and environmental hazards such as lead.(3C)	X			Ch. 18 & p. 250
		37	Explain the significance of genetics and its role in fetal development.(3D)			X	Ch. 18
3. Understand human growth and development and how it relates to personal health.	5	38	Examine issues related to death and grieving. (1E)	X		X	Ch. 4
	65	39	Appraise the significance of body change occurring during adolescence.(6C)	X			Ch. 16
4. Understand diseases and disease prevention and their affect on health throughout life.		40	Summarize the facts related to HIV infection and STDs. (LO)		X	X	Ch. 13-15 & LifeGuard
	66	41	Analyze strategies to the prevention of communicable and non-communicable diseases. (LO)	X	X		Ch. 13 - 15
		42	Analyzing risks for contracting specific diseases based on pathogenic, genetic, age, cultural, environmental, and behavioral factors. (LO)		X	X	Ch. 13 - 15
	72	43	Relate the importance of early detection and warning signs that prompt individuals of all ages to seek health care.(6B)	X		X	Ch. 13 - 15 & Safety
	32	44	Analyze the relationship between health promotion and disease prevention.(2A)	X		X	Ch. 1
	48, 64	45	Analyze the influence of laws, policies, and practices on health-related issues including those related to disease prevention.(2B)	X		X	Current Events

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Standard Two: Health Information (continued)							Text: Holt Lifetime Health
4. Understand diseases and disease prevention and their affect on health throughout life.	19		Identify, describe, and assess available health-related services in the community that relate to disease prevention and health promotion.(2C)	X		X	Ch. 1 Lesson 3 & p. 552
	54,56,57	47	Develop and analyze strategies related to the prevention of communicable and non-communicable diseases.(2D)	X	X	X	Ch. 13 - 15
5. Analyze health information and health care issues related to the community and world.		48	Relate the nation's health goals and objectives to individual, family, and community health.(1A)		X		Ch. 1 Lesson 3 & Current Events
		49	Discuss health-related social issues such as organ donation and homelessness.(1F)			X	Current Events
		50	Explain the benefits of positive relationships among community health professionals in promoting a healthy community.(8B)			X	Current Events
		51	Assess the impact of population and economy on community and world health.(10A)			X	Current Events & p. 548-551
		52	Analyze the impact of the availability of health services in the community and the world.(10B)			X	Current Events & p. 556-565
	7	53	Describe a variety of community and world environmental protection programs.(10C)	X		X	Current Events & p. 548-551
		54	Research various school and community health services for people of all ages such as vision and hearing screenings and immunization programs.(11A)			X	p. 548- 574
		55	Compare and analyze the cost, availability, and accessibility of health services for people of all ages.(11B)			X	p. 548- 574
		56	Explain how to access health services for people of all ages.(12B)			X	p. 548- 574

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Standard Three: Influencing Factors							
1. Understand environmental and social factors that influence the health of an individual.	25, 35, 38	57	Make healthy choices from among environmental alternatives such as leaving a smoke filled room or selected healthy snacks from vending machines.(LO)	X	X	X	Ch. 2
	6	58	Describe the roles of parents, grandparents, and other family members in promoting a healthy family.(9A)	X			Ch. 17 Lesson 3
2. Understand how relationships influence health.		59	Analyze the dynamics of family roles and responsibilities relating to health behavior.(9B)			X	Ch. 17 Lesson 3
	28	60	Examine the effects of peer pressure on decision making. (LO)	X	X	X	Ch. 2
	3,65	61	Evaluate positive and negative effects of various relationships on physical and emotional health such as peers, family, and friends.(8A)	X		X	throughout the book
		62	Describe the importance of being a positive role model for health.(LO)		X	X	Ch. 1 - 2
		63	Distinguish between a dating relationship and a marriage.(13B)			X	Ch. 17 & 19
		64	Analyze behavior in a dating relationship that will enhance the dignity, respect and responsibility relating to marriage.(13C)			X	Ch. 17 & 19
3. Understand and analyze ways that media and technology influence individual and community health.	31	65	Analyze the health messages delivered through media and technology.(4A)			X	Current Events & throughout the book
		66	Explain how technology has impacted the health status of individuals, families, communities, and the world.(4B)		X	X	Ch. 1

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Standard Four: Personal/Interpersonal Skills							
1. Understand and demonstrate the skills necessary for building and maintaining healthy relationships.	9						
		67	Demonstrate refusal skills strategies, and analyze the relationship between the use of refusal skills and the avoidance of unsafe situations such as sexual abstinence. (7G/13E)	X		X	Ch. 2 & p. 618
		68	Describe the application of effective coping skills. (LO)			X	Ch. 4
		69	Summarize the advantages of seeking advice and feedback regarding the use of decision-making and problem-solving skills.(16B)			X	Ch. 2
	20	70	Evaluate the effectiveness of conflict resolution techniques in various situations.(13D)	X			Ch. 5
	71	Evaluate the dynamics of social groups.(13G)			X	Current Event	
2. Understand, analyze, and apply healthy ways to communicate.		72	Apply communication skills that demonstrate consideration and respect for self, family, and others.(15A)			X	Ch. 3
		73	Demonstrate communication skills in building and maintaining healthy relationships.(13A)			X	Ch. 3
		74	Demonstrate empathy towards others.(15B)			X	throughout book
		75	Demonstrate strategies for communicating needs, wants, and emotions.(14A)			X	Ch. 3
	33	76	Classify forms of communication such as passive, aggressive, or assertive.(16C)	X		X	Ch. 3
		77	Analyze ways to show disapproval of inconsiderate and disrespectful behavior.(15C)			X	Ch. 3
		78	Describe methods of discussing emotions.(LO)			X	Ch. 3
3. Apply critical thinking, decision making, goal setting, and problem solving skills in making healthy decisions.		79	Develop strategies for setting long-term personal and vocational goals.(LO)			X	Ch. 2
		80	Relate practices and steps necessary for making healthy decisions.(LO)			X	Ch. 2
	10	81	Explore methods for addressing critical-health issues.(13F)	X		X	Current Events
		82	Identify decision-making skills that promote individual, family, and community health.(16A)		X	X	Ch. 2
		83	Demonstrate time management skills.(LO)			X	throughout book & ACE