

Campbell County School District #1
Gillette, Wyoming
Health - Grade 7

The seventh-grade Health course is a skills-based curriculum that addresses the state and district standards.

The core concepts that will be covered are:

- | | |
|---|---|
| <ul style="list-style-type: none">• Alcohol and Other Drug Use Prevention• Injury Prevention• Nutrition• Physical Activity | <ul style="list-style-type: none">• Family Life and Sexuality• Tobacco Use Prevention• Personal and Consumer Health• Mental Health |
|---|---|

Skills that will be acquired within the core concepts are:

- | | |
|--|---|
| <ul style="list-style-type: none">• Accessing Information• Analyzing Influences• Decision Making, Goal Setting | <ul style="list-style-type: none">• Interpersonal Communications• Self Management• Advocacy |
|--|---|

With these skills, the students will be able to make healthy decisions based on accurate and up-to-date knowledge about health concepts and acquisition of skills to promote health literacy.

A health-literate person:

- can think things through and make healthy choices in solving his own problems.
- is responsible and able to make choices that benefit himself and others.
- is in charge of his own learning.
- can use communication skills in clear and respectful ways.

HP-H7-01 – HEALTH PROMOTION & DISEASE PREVENTION / CORE CONCEPTS (Content Standard)

State Standard and Benchmark Correlation:

- HE8.1.1 Alcohol/Other Drug Use, Misuse, Abuse, Addiction
- HE8.1.2 Family Life and Sexuality
- HE8.1.3 Injury Prevention and Safety
- HE8.1.4 Tobacco Use and Addiction
- HE8.1.5 Nutrition
- HE8.1.6 Prevention and Control of Disease
- HE8.1.7 Mental and Emotional Health
- HE8.1.8 Personal and Community Health

Students will comprehend concepts related to health promotion and disease prevention to enhance physical, mental, and social health.

HP-H7-01-01 - Core Concepts Applied to Health Issues (Objective)

C - Critical-Assessment at Content Standard

The students will comprehend concepts related to health promotion and disease prevention to enhance physical, mental, and social health in the following areas:

- Alcohol and other drugs
- Tobacco

- Family life and sexuality
- Injury prevention and safety
- Physical activity
- Nutrition
- Prevention and Control of Disease
- Mental and Emotional Health

HP-H7-02 ACCESSING INFORMATION (Content Standard)

State Standard and Benchmark Correlation:

HE8.2.1 Health Information, Products, Services

Students will access valid health information, products, and services to enhance health.

HP-H7-02-01 - Accessing Health Information (Objective)

C - Critical-Assessment at Content Standard

The students will use various sources for valid information, products and services to enhance health:

- Nutrition - physical activity and food intake
- Alcohol, tobacco, and other drug use prevention - short- and long-term effects of use

HP-H7-03 SELF MANAGEMENT (Content Standard)

State Standard and Benchmark Correlation:

HE8.3.1 Adolescent Health Risks, Strategies to Improve

HE8.3.2 Healthy Behaviors, Strategies to Improve/Maintain

HE8.3.3 Personal Responsibility for Health Behaviors

Students will practice health enhancing behaviors and avoid or reduce health risks.

HP-H7-03-01 - Self Management (Objective)

C - Critical-Assessment at Content Standard

The students will practice health-enhancing behaviors and avoid or reduce health risks:

- Physical activity - fit for life-long benefit
- Prevention and control of disease - communicable and noncommunicable diseases

HP-H7-04 ANALYZE INFLUENCES (Content Standard)

State Standard and Benchmark Correlation:

HE8.4.1 Culture/Technology/Medical Advances and Health

HE8.4.2 Influence of Media Messages on Health Behaviors

HE8.4.3 Peer, Family, Community Influences on Health

HE8.4.4 Internal vs. External Influences

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HP-H7-04-01 - Analyzing Influences on Health (Objective)

C - Critical-Assessment at Content Standard

The students will analyze influences of family, peers, culture, media, technology and other factors on health behaviors:

- Nutrition - psychological and physiological
- Tobacco - internal and external pressure
- Alcohol and other drug use prevention - role model behavior

HP-H7-05 INTERPERSONAL COMMUNICATIONS (Content Standard)

State Standard and Benchmark Correlation:

HE8.5.1 Refusal, Conflict Resolution, Negotiation Skills

HE8.5.2 Respectfully Express Needs, Wants, Feelings

Students will use interpersonal communication skills to enhance health and avoid or reduce health risks.

HP-H7-05-01 - Interpersonal Communications (Objective)

C - Critical-Assessment at Content Standard

The students will use interpersonal communication skills to enhance health and avoid or reduce health risks:

- Mental health - individual differences
- Family life and sexuality - relationships

HP-H7-06 DECISION MAKING AND GOAL SETTING (Content Standard)

State Standard and Benchmark Correlation:

HE8.6.1 Apply Strategies to Set Personal Health Goals

HE8.6.2 Apply Strategies for Health-Enhancing Decisions

HE8.6.3 Collaborative Goal-Set./Decision-Making Strategies

Students will use decision-making and goal-setting skills to enhance health.

HP-H7-06-01 - Decision Making and Goal Setting (Objective)

C - Critical-Assessment at Content Standard

The students will know and practice decision-making and goal-setting skills to enhance health:

- Tobacco - tobacco-free benefits
- Alcohol and other drug use prevention - benefits of not experimenting or using
- Physical activity - individual and personal needs

HP-H7-07 ADVOCACY (Content Standard)

State Standard and Benchmark Correlation:

HE8.7.1 Advocating for Personal/Family/Community Health

HE8.7.2 Working Cooperatively to Advocate for Health

HE8.7.3 Barriers to Effective Advocacy Strategies

Students will advocate for personal, family, and community health.

HP-H7-07-01 - Advocating for Health (Objective)

C - Critical-Assessment at Content Standard

The students will advocate for personal, family, and community health:

- Injury prevention - personal safety
- Tobacco - promotion to stay tobacco free

last update 4/22/2009

pc

Gillette, Wyoming

Health - Grade 8

The eighth-grade Health course is a skills-based curriculum that addresses the state and district standards in a continuing progression of the skills and concepts introduced at the seventh-grade level.

The core concepts that will be covered are:

- | | |
|---|---|
| <ul style="list-style-type: none">• Alcohol and Other Drug Use Prevention• Injury Prevention• Nutrition• Physical Activity | <ul style="list-style-type: none">• Family Life and Sexuality• Tobacco Use Prevention• Personal and Consumer Health• Mental Health |
|---|---|

Skills that will be acquired within the core concepts are:

- | | |
|--|---|
| <ul style="list-style-type: none">• Accessing Information• Analyzing Influences• Decision Making, Goal Setting | <ul style="list-style-type: none">• Interpersonal Communications• Self Management• Advocacy |
|--|---|

With these skills, the students will be able to make healthy decisions based on accurate and up-to-date knowledge about health concepts and acquisition of skills to promote health literacy.

A health-literate person:

- can think things through and make healthy choices in solving his own problems.
- is responsible and able to make choices that benefit himself and others.
- is in charge of his own learning.
- can use communication skills in clear and respectful ways.

HP-H8-01 HEALTH PROMOTION & DISEASE PREVENTION / CORE CONCEPTS (Content Standard)

State Standard and Benchmark Correlation:

- HE8.1.1 Alcohol/Other Drug Use, Misuse, Abuse, Addiction
- HE8.1.2 Family Life and Sexuality
- HE8.1.3 Injury Prevention and Safety
- HE8.1.4 Tobacco Use and Addiction
- HE8.1.5 Nutrition
- HE8.1.6 Prevention and Control of Disease
- HE8.1.7 Mental and Emotional Health
- HE8.1.8 Personal and Community Health

Students will comprehend concepts related to health promotion and disease prevention to enhance physical, mental, and social health.

HP-H8-01-01 - Core Concepts (Objective)

C - Critical-Assessment at Content Standard

The students will comprehend concepts related to health promotion and disease prevention to enhance health:

- Alcohol and other drugs
- Tobacco

- Family life and sexuality
- Injury prevention and health
- Physical activity
- Nutrition
- Prevention and Control of Disease
- Mental and Emotional Health

HP-H8-02 ACCESSING INFORMATION (Content Standard)

State Standard and Benchmark Correlation:

HE8.2.1 Health Information, Products, Services

Students will access valid health information, products, and services to enhance health.

HP-H8-02-01 - Accessing Health Information (Objective)

C - Critical-Assessment at Content Standard

The students will access valid health information, products, and services to enhance health:

- Nutrition - physical activity and food intake
- Alcohol, tobacco, and other drug use prevention - short- and long-term effects
- Physical activity - individual and personal needs

HP-H8-03 SELF MANAGEMENT (Content Standard)

State Standard and Benchmark Correlation:

HE8.3.1 Adolescent Health Risks, Strategies to Improve

HE8.3.2 Healthy Behaviors, Strategies to Improve/Maintain

HE8.3.3 Personal Responsibility for Health Behaviors

Students will practice health enhancing behaviors and avoid or reduce health risks.

HP-H8-03-01 - Self Management (Objective)

C - Critical-Assessment at Content Standard

The students will practice health-enhancing behaviors and avoid or reduce health risks:

- Nutrition - eating disorders
- Mental health - anger management
- Alcohol, tobacco, and other drugs - consequences of abuse

HP-H8-04 ANALYZE INFLUENCES (Content Standard)

State Standard and Benchmark Correlation:

HE8.4.1 Culture/Technology/Medical Advances and Health

HE8.4.2 Influence of Media Messages on Health Behaviors

HE8.4.3 Peer, Family, Community Influences on Health

HE8.4.4 Internal vs. External Influences

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors .

HP-H8-04-01 - Analyzing Influences (Objective)

C - Critical-Assessment at Content Standard

The students will recognize and analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors:

- Family life and sexuality - recognize societal influences on sexuality; consequences of pregnancy and birth
- Alcohol, tobacco, and other drugs - influence of media and peers
- Nutrition - societal/environmental influences

HP-H8-05 INTERPERSONAL COMMUNICATIONS (Content Standard)

State Standard and Benchmark Correlation:

HE8.5.1 Refusal, Conflict Resolution, Negotiation Skills

HE8.5.2 Respectfully Express Needs, Wants, Feelings

Students will use interpersonal communication skills to enhance health and avoid or reduce health risks.

HP-H8-05-01 - Interpersonal Communications (Objective)

C - Critical-Assessment at Content Standard

The students will use interpersonal skills to enhance health and avoid or reduce health risks:

- Family life and sexuality - family structure
- Mental health - conflict resolution

HP-H8-06 DECISION MAKING AND GOAL SETTING (Content Standard)

State Standard and Benchmark Correlation:

HE8.6.1 Apply Strategies to Set Personal Health Goals

HE8.6.2 Apply Strategies for Health-Enhancing Decisions

HE8.6.3 Collaborative Goal-Set./Decision-Making Strategies

Students will use decision-making and goal-setting skills to enhance health.

HP-H8-06-01 - Decision Making and Goal Setting (Objective)

C - Critical-Assessment at Content Standard

The students will use decision-making and goal-setting skills to enhance health:

- Physical activity - overcoming barriers and limitations
- Injury prevention - intentional and unintentional injuries
- Preventing disease - STD's and AIDS

HP-H8-07 ADVOCACY (Content Standard)

State Standard and Benchmark Correlation:

HE8.7.1 Advocating for Personal/Family/Community Health

HE8.7.2 Working Cooperatively to Advocate for Health

HE8.7.3 Barriers to Effective Advocacy Strategies

Students will advocate for personal, family, and community health.

HP-H8-07-01 - Advocating for Health (Objective)

C - Critical-Assessment at Content Standard

The students will advocate for personal, family, and community health:

- Alcohol and other drug use prevention - model and promoting not to use
- Physical activity - benefits of lifetime fitness

last update 4/22/2009

pc

Health Literacy - CCHS, WJSHS, Westwood

The Health and Fitness course is a skills-based curriculum that addresses the state and district standards as and ongoing progression from the junior-high health curriculum level.

The core concepts that will be covered are:

- | | |
|---|---|
| <ul style="list-style-type: none">• Alcohol and Other Drug Use Prevention• Injury Prevention• Nutrition• Physical Activity | <ul style="list-style-type: none">• Family Life and Sexuality• Tobacco Use Prevention• Personal and Consumer Health• Mental Health |
|---|---|

Skills that will be acquired within the core concepts are:

- | | |
|--|---|
| <ul style="list-style-type: none">• Accessing Information• Analyzing Influences• Decision Making, Goal Setting | <ul style="list-style-type: none">• Interpersonal Communications• Self Management• Advocacy |
|--|---|

With these skills, the students will be able to make healthy decisions based on accurate and up-to-date knowledge about health concepts and acquisition of skills to promote health literacy.

A health-literate person:

- can think things through and make healthy choices in solving his own problems.
- is responsible and able to make choices that benefit himself and others.
- is in charge of his own learning.
- can use communication skills in clear and respectful ways.

HP-HF-01 HEALTH PROMOTION & DISEASE PREVENTION/CORE CONCEPTS (Content Standard)

State Standard and Benchmark Correlation:

- HE11.1.1 Alcohol & Other Drug Use, Misuse, Abuse, Addiction
- HE11.1.2 Family Life and Sexuality
- HE11.1.3 Injury Prevention and Safety
- HE11.1.4 Tobacco Use and Addiction
- HE11.1.5 Nutrition
- HE11.1.6 Prevention and Control of Disease
- HE11.1.7 Mental and Emotional Health
- HE11.1.8 Community Health and Environmental Health
- HE11.1.9 Personal Health, Consumer Health
- HE11.2.1 Locate/Use Health Info Sources/Products/Services
- HE11.3.1 Strategies to Maintain/improve Personal Health
- HE11.3.2 Consequences of Safe, Risky & Harmful Behaviors
- HE11.3.3 Responsibility for Health Behaviors
- HE11.4.2 Influence of Media Messages on Health Choices
- HE11.4.3 Peer/Family/Community Influences on Health Choices
- HE11.5.3 Interpersonal Communication and Relationships
- HE11.6.1 Personal Goal-Setting Strategies to Enhance Health
- HE11.6.2 Decision-Making Strategies to Enhance Health

HE11.6.3 Apply Goal-Setting and Decision-Making Strategies
HE11.7.1 Advocating for Personal/Family/Community Health
HE11.7.2 Influence and Support Others
HE11.7.3 Work Cooperatively in Advocating for Health

Students will comprehend concepts related to health promotion and disease prevention to enhance physical, mental, and social health.

HP-HF-01-01 - Core Concepts (Objective)

C - Critical-Assessment at Content Standard

The students will comprehend concepts related to health promotion and disease prevention to enhance physical, mental, and social health in the following areas:

- Alcohol and other drugs
- Family life and sexuality
- Injury prevention and safety
- Mental & Emotional Health
- Tobacco
- Nutrition
- Prevention and Control of Disease
- Physical Activity

HP-HF-02 ACCESSING INFORMATION (Content Standard)

State Standard and Benchmark Correlation:

HE11.1.2 Family Life and Sexuality
HE11.1.3 Injury Prevention and Safety
HE11.1.6 Prevention and Control of Disease
HE11.1.9 Personal Health, Consumer Health
HE11.2.1 Locate/Use Health Info Sources/Products/Services
HE11.3.1 Strategies to Maintain/Improve Personal Health
HE11.3.2 Consequences to Safe, Risky & Harmful Behaviors
HE11.3.3 Responsibility for Health Behaviors
HE11.6.2 Decision-Making Strategies to Enhance Health
HE11.7.1 Advocating for Personal/Family/Community Health
HE11.7.2 Influence and Support Others

Students will access valid health information, products, and services to enhance health.

HP-HF-02-01 - Accessing Health Information (Objective)

C - Critical-Assessment at Content Standard

The students will use various sources for valid information, products, and services to enhance health.

HP-HF-03 SELF MANAGEMENT (Content Standard)

State Standard and Benchmark Correlation:

HE11.1.3 Injury Prevention and Safety
HE11.1.7 Mental and Emotional Health
HE11.1.9 Personal Health, Consumer Health
HE11.2.1 Locate/Use Health Info Sources/Products/Services
HE11.3.1 Strategies to Maintain/Improve Personal Health
HE11.3.2 Consequences of Safe, Risky, & Harmful Behaviors
HE11.3.3 Personal Responsibility for Health Behaviors
HE11.5.1 Refusal, Conflict Resolution, Negotiation Skills
HE11.5.2 Verbal, Nonverbal Communication Strategies
HE11.5.3 Interpersonal Communication and Relationships

- HE11.6.2 Decision-Making Strategies to Enhance Health
- HE11.7.2 Influence and Support Others
- HE11.7.3 Work Cooperatively in Advocating for Health
- HE11.7.4 Describe Barriers to Effective Advocacy

Students will practice health-enhancing behaviors and avoid or reduce health risks.

HP-HF-03-01 - Self Management (Objective)

C - Critical-Assessment at Content Standard

The students will practice health-enhancing behaviors and avoid or reduce health risks.

HP-HF-04 ANALYZE INFLUENCES (Content Standard)

State Standard and Benchmark Correlation:

- HE11.1.3 Injury Prevention and Safety
- HE11.1.5 Nutrition
- HE11.1.7 Mental and Emotional Health
- HE11.1.9 Personal Health, Consumer Health
- HE11.2.1 Locate/Use Health Info Sources/Products/Services
- HE11.3.1 Strategies to Maintain/Improve Personal Health
- HE11.3.2 Consequences of Safe, Risky, & Harmful Behaviors
- HE11.3.3 Personal Responsibility for Health Behaviors
- HE11.4.1 Culture/Technology/Medical Advances and Health
- HE11.4.2 Influence of Media Messages on Health Choices
- HE11.4.3 Peer/Family/Community Influences on Health Choices
- HE11.6.1 Personal Goal-Setting Strategies to Enhance Health
- HE11.6.2 Decision-Making Strategies to Enhance Health
- HE11.6.3 Apply Goal-Setting and Decision-Making Strategies
- HE11.7.1 Advocating for Personal/Family/Community Health
- HE11.7.2 Influence and Support Others
- HE11.7.4 Describe Barriers to Effective Advocacy

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HP-HF-04-01 - Analyzing Influences on Health (Objective)

C - Critical-Assessment at Content Standard

The students will analyze the influences of family, peers, culture, media, technology, and other factors on health behaviors.

HP-HF-05 INTERPERSONAL COMMUNICATIONS (Content Standard)

State Standard and Benchmark Correlation:

- HE11.1.2 Family Life and Sexuality
- HE11.1.3 Injury Prevention and Safety
- HE11.1.6 Prevention and Control of Disease
- HE11.1.9 Personal Health, Consumer Health
- HE11.3.1 Strategies to Maintain/Improve Personal Health
- HE11.3.2 Consequences of Safe, Risky, & Harmful Behaviors
- HE11.3.3 Personal Responsibility for Health Behaviors
- HE11.4.3 Peer/Family/Community Influences on Health Choices
- HE11.5.1 Refusal, Conflict Resolution, Negotiation Skills

HE11.5.2 Verbal, Nonverbal Communication Strategies
HE11.5.3 Interpersonal Communication and Relationships
HE11.6.2 Decision-Making Strategies to Enhance Health

Students will use interpersonal communication skills to enhance health and avoid or reduce health risks.

HP-HF-05-01 - Interpersonal Communications (Objective)

C - Critical-Assessment at Content Standard

The students will use interpersonal communication skills to enhance health and avoid or reduce health risks.

HP-HF-06 DECISION MAKING AND GOAL SETTING (Content Standard)

State Standard and Benchmark Correlation:

HE11.1.6 Prevention and Control of Disease
HE11.1.8 Community Health and Environmental Health
HE11.1.9 Personal Health, Consumer Health
HE11.4.1 Culture/Technology/Medical Advances and Health
HE11.4.3 Peer/Family/Community Influences on Health Choices
HE11.6.1 Personal Goal-Setting Strategies to Enhance Health
HE11.6.2 Decision-Making Strategies to Enhance Health
HE11.6.3 Apply Goal-Setting and Decision-Making Strategies
HE11.7.1 Advocating for Personal/Family/Community Health
HE11.7.2 Influence and Support Others
HE11.7.4 Describe Barriers to Effective Advocacy

Students will use decision-making and goal-setting skills to enhance health.

HP-HF-06-01 - Decision-Making and Goal Setting (Objective)

C - Critical-Assessment at Content Standard

The students will know and practice decision-making and goal-setting skills to enhance health.

HP-HF-07 ADVOCACY (Content Standard)

State Standard and Benchmark Correlation:

HE11.1.1 Alcohol & Other Drug Use, Misuse, Abuse, Addiction
HE11.1.4 Tobacco Use and Addiction
HE11.1.6 Prevention and Control of Disease
HE11.1.7 Mental and Emotional Health
HE11.1.8 Community Health and Environmental Health
HE11.1.9 Personal Health, Consumer Health
HE11.3.1 Strategies to Maintain/Improve Personal Health
HE11.3.2 Consequences of Safe, Risky, & Harmful Behaviors
HE11.3.3 Personal Responsibility for Health Behaviors
HE11.4.1 Culture/Technology/Medical Advances and Health
HE11.4.2 Influence of Media Messages on Health Choices
HE11.4.3 Peer/Family/Community Influences on Health Choices
HE11.5.1 Refusal, Conflict Resolution, Negotiation Skills
HE11.5.2 Verbal, Nonverbal Communication Strategies
HE11.5.3 Interpersonal Communication and Relationships
HE11.6.2 Decision-Making Strategies to Enhance Health
HE11.7.1 Advocating for Personal/Family/Community Health
HE11.7.2 Influence/Support Others
HE11.7.3 Work Cooperatively in Advocating for Health
HE11.7.4 Describe Barriers to Effective Advocacy

Students will advocate for personal, family, and community health.

HP-HF-07-01 - Health Advocacy (Objective)

C - Critical-Assessment at Content Standard

The students will advocate for personal, family, and community health.

last update 4/15/2009

pc