

# Academic Outcomes: Health

## Overarching Standards

**Standard 1: Essential Health Concepts** All students will comprehend essential concepts related to enhancing health.

**Standard 2: Analyzing Health Influences** All students will demonstrate the ability to analyze internal and external influences that affect health.

**Standard 3: Accessing Valid Health Information** All students will demonstrate the ability to access and analyze health information, products, and services.

**Standard 4: Interpersonal Communication** All students will demonstrate the ability to use interpersonal communication skills to enhance health.

**Standard 5: Decision Making** All students will demonstrate the ability to use decision-making skills to enhance health.

**Standard 6: Goal Setting** All students will demonstrate the ability to use goal-setting skills to enhance health.

**Standard 7: Practicing Health-Enhancing Behaviors** All students will demonstrate the ability to practice behaviors that reduce risk and promote health.

**Standard 8: Health Promotion** All students will demonstrate the ability to promote and support personal, family, and community health.

## Content Areas and Grade Level Assignments

- Nutrition and Physical Activity (K, 2, 4, 5, 7, 8, 9-12)
- Injury Prevention and Safety (K, 1, 4, 6, 7, 8, 9-12)
- Alcohol, Tobacco, and Other Drugs (K, 2, 3, 6, 7, 8, 9-12)
- Mental, Emotional, and Social Health (K, 2, 3, 6, 7, 8, 9-12)
- Personal and Community Health (K, 1, 3, 5, 7, 8, 9-12)
- Growth, Development, and Sexual Health (5, 7, 8, 9-12)