



COURSE GUIDE: POWER STANDARDS & LEARNING TARGETS

A Tradition of Pride

HEALTH (9)

Students will comprehend concepts related to health promotion and disease prevention to enhance health.	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Students will demonstrate the ability to access valid health information and products and services to enhance health.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
Students will demonstrate the ability to use decision making skills to enhance health.	Students will demonstrate the ability to use goal setting skills to enhance health.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	Students will demonstrate the ability to advocate for personal, family, and community health.

LEARNING TARGET DESCRIPTIONS

- ☐ Level 3 learning targets **demonstrate understanding of foundational and complex knowledge.**
- ☐ Level 2 learning targets **demonstrate understanding of foundational knowledge.**

POWER STANDARD:	LEARNING TARGET: STUDENTS WILL ...
Students will comprehend concepts related to health promotion and disease prevention to enhance health.	Level 3
	<input type="checkbox"/> Analyze nutrient-dense food options for each food group
	<input type="checkbox"/> Analyze foods and beverages for healthy options to meet daily needs
	Level 2
	<input type="checkbox"/> Identify characteristics of nutrient-dense food
	<input type="checkbox"/> Identify strategies to help them select nutrient-dense food
POWER STANDARD	LEARNING TARGET: STUDENTS WILL ...
Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Level 3
	<input type="checkbox"/> Analyze how the perceptions of norms influence their behaviors related to drug use
	Level 2
	<input type="checkbox"/> Explain the influence of personal values and beliefs on behaviors
	<input checked="" type="checkbox"/> Explain the influence of media on behaviors



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	<input type="checkbox"/> Explain the influence of culture on behaviors
POWER STANDARD	LEARNING TARGET: STUDENTS WILL ...
Students will demonstrate the ability to access valid health information and products and services to enhance health.	Level 3
	<input type="checkbox"/> Determine when professional health services are required for drug use and abuse
	Level 2
	<input type="checkbox"/> Describe the dangers of short-term drug use and abuse
	<input type="checkbox"/> Describe the dangers of long-term drug use and abuse
	<input type="checkbox"/> Identify warning signs related to drug use and abuse
POWER STANDARD:	LEARNING TARGET: STUDENTS WILL ...
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	Level 3
	<input type="checkbox"/> Analyze situations to determine when professional support is needed
	<input type="checkbox"/> Demonstrate empathetic active listening and communication
	<input type="checkbox"/> Demonstrate offering assistance to others
	Level 2
	<input type="checkbox"/> Summarize healthy strategies for coping with stress, loss, and grief
POWER STANDARD:	LEARNING TARGET: STUDENTS WILL ...
Students will demonstrate the ability to use decision making skills to enhance health.	Level 3
	<input type="checkbox"/> Defend choice when making decisions related to sexual health
	Level 2
	<input type="checkbox"/> Identify when a decision should be made individually or with others
	<input type="checkbox"/> Describe why decisions related to sexual health are healthy or unhealthy
	<input type="checkbox"/> Classify decisions related to sexual health as healthy or unhealthy
POWER STANDARD:	LEARNING TARGET: STUDENTS WILL ...



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Students will demonstrate the ability to use goal setting skills to enhance health.	Level 3
	<input type="checkbox"/> Monitor progress in achieving a personal health goal
	Level 2
	<input type="checkbox"/> Evaluate their overall wellness
	<input type="checkbox"/> Describe their current status in one area of health
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	<input type="checkbox"/> Create a SMART (Specific, Measurable, Attainable, Results-based, Time-bound) goal to improve one area of health
	Level 3
	<input type="checkbox"/> Demonstrate Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) skills
	Level 2
	<input type="checkbox"/> Match first aid treatments to the proper situation
Students will demonstrate the ability to advocate for personal, family, and community health.	<input type="checkbox"/> Analyze situations to determine if calling for help is necessary
	<input type="checkbox"/> List the proper steps to performing CPR, including using an AED
	Level 3
	<input type="checkbox"/> Demonstrate how to influence and support others to make positive health choices
	Level 2
	<input type="checkbox"/> Explain the influence they have on others to make positive and healthy choices online
	<input type="checkbox"/> Explore the reasons why peers practice unhealthy behaviors
	<input type="checkbox"/> Explain how to appeal to their peers' beliefs and norms

Notes:

- The number(s) behind the course title indicate the grade(s) the course is offered.
- (L) = Omro Laude Course