

# Health



## Health Promotion/Disease Prevention Course Curriculum

### Power Objectives

**P.O. #1: Comprehend concepts related to health promotion and disease prevention to enhance health ([P.O. #1 Proficiency Rubric](#))**

**P.O. #2: Students will analyze the influence of family, peers, culture, media, technology or other factors on health behaviors ([P.O. #2 Proficiency Rubric](#))**

**P.O. #3: Students will demonstrate the ability to access valid information, products, or services to enhance health ([P.O. #3 Proficiency Rubric](#))**

**P.O. #6: Demonstrate the ability to use goal-setting skills ([P.O. #6 Proficiency Rubric](#))**

### Academic Vocabulary

- ☐ cumulative risks
- ☐ health triangle
- ☐ health continuum
- ☐ short-term goal
- ☐ long-term goal
- ☐ action plan

### Enduring Understandings

*Students understand that...*

- Heredity, environment, access to healthcare and lifestyle factors affect an individual's health.
- Regularly engaging in healthy behaviors promotes overall health and reduces the risk of health-related problems, disorders and diseases.
- Many individuals find it hard to stop or reduce unhealthy behaviors despite knowledge of health hazards and risks.
- Setting goals promotes well-being.

# Essential Questions

- What is my current health status?
- What factors influence my health status?
- What heredity traits may have immediate or long-term impact on my health?
- How can I enhance my health status?
- How can goal-setting strategies enhance my health status?
- How does one achieve goals?