



OHS HEALTH

Course Description: This course is intended to explore the student's physical, mental, and social needs. The student will apply critical thinking techniques to social issues and will be encouraged to apply positive decisions to promote a healthy lifestyle.

Learning Targets

Domain: Analyze the impact of determinants of health

1:4:A2 Examine the interrelationships of various dimensions of health (e.g., emotional, mental, physical, social, environmental, and occupational).

- I can explain wellness and how the different dimensions of health—emotional, mental, physical, social, environmental, and occupational—affect each other.
- I can explain how the four categories of fitness influence my health.

1:4:A3 Analyze the impact of unhealthy behavior on various dimensions of health (e.g., emotional, mental, physical, social, environmental, and occupational).

- I can identify reproductive and sexual anatomy and physical changes due to maturity.
- I can explain how abstinence is the only way to avoid pregnancy and STIs.
- I can explain the stages of prenatal development and the effects of Fetal Alcohol Syndrome.
- I can explain the consequences of Shaken Baby Syndrome.

Domain: Explore factors that impact health status

1:4:B2 Compare the benefits of and barriers to practicing a variety of health behaviors. These may include but are not limited to: refraining from alcohol, tobacco, and other drug use; physical activity; healthy eating; social behaviors to prevent or reduce violence; safety and related behaviors.

- I can define and describe the different types of drugs and their effects.
- I can understand addiction and avoiding addiction.
- I can demonstrate an understanding of using OTC and prescribed medications safely to avoid harm and abuse.
- I can explain how drugs affect the decision-making process.

Domain: Analyze the impact of external and internal influences on the health behavior of individuals and populations

2:4:A1 Analyze how external influences, individually and in combination with others, can influence individuals' health behaviors and that of certain populations.

- I can analyze how external influences affect the decision-making process.
- I can explain how communicable STI's are transmitted.
- I can explain different methods of birth control to prevent pregnancy.

Domain: Continue to apply criteria for choosing accurate sources of information

3:4:A2 Access health information, products, and services that improve health outcomes.

- I can research a health topic and present what I learned.
- I can demonstrate an understanding of where to access reliable information to advocate for myself and others to make healthy decisions.

Domain: Analyze issues that impact setting a goal

6:4:A1 Assess personal health practices and their impact on overall health status.

- I can define nutrition and the essential nutrients.
- I can understand the purpose and need to eat a healthy diet.
- I can understand healthy weight and how to manage it.
- I can explain eating disorders.
- I understand how to read nutrition labels.

Domain: Apply goal-setting skills to various health-related situations

6:4:B3 Implement a plan and monitor progress in achieving a personal health goal.

- I can develop and reflect on progress toward a personal health goal.

Domain: Examine health enhancing behaviors

7:4:A1 Determine behaviors that will protect and promote health in high risk situations. These may include but are not limited to: refraining from risky sexual behaviors; refraining from alcohol, tobacco, and other drug use; engaging in various forms of physical activity appropriate to current and future life stages; making complex food choices in various food environments to support healthy eating; applying social behaviors to prevent or reduce violence in settings relevant to one's culture; practicing safety-related behaviors in high risk situations; and appropriately accessing health care services for routine.

- I can understand causes for self-harming behaviors and how to access resources to help myself or others.
- I can explain conditions that cause suicidal thinking and steps to take if I or someone else shows signs of suicidal thinking.
- I can explain how to keep myself safe from a sexually transmitted infection.
- I can explain how to keep my from and unwanted pregnancy.

Domain: Apply health-enhancing behaviors

7:4:B1 Demonstrate a variety of health practices and behaviors that will maintain or improve the health of self and others. These include but are not limited to: personal behaviors such as regular and health-enhancing physical activity, healthy eating, and accessing appropriate preventive health care services.

- I can demonstrate how to call 9-1-1 and tell what information to give the operator.
- I can perform 2-3 minutes of chest compressions using proper technique and timing.
- I can explain proper AED use.
- I can identify where AEDs are kept in public places or know who to ask for help, if needed.