

Health, 9-12	
Standard 1	
Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
21st Century Learning Expectations:	
<ul style="list-style-type: none"> Hinsdale students will recognize and demonstrate the importance of whole person wellness Hinsdale students will demonstrate responsibility for their actions and choices 	
Enduring Understandings:	
"Acquisition of basic health concepts and functional health knowledge provides a foundation for promoting health-enhancing behaviors." CDC	
Learning Competencies	Essential Questions
<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Predict the relationship between healthy behaviors and personal health. Describe the interrelationships of emotional, intellectual, physical, environmental, spiritual and social health. Analyze how genetics can impact personal health. Compare and contrast the benefits of and barriers to practicing healthy behaviors. 	<ul style="list-style-type: none"> What is the relationship between healthy behaviors and personal health? What are the influences on personal health and the corresponding results?

Health, Grades 9-12

Standard 2

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

21st Century Learning Expectations:

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate technological fluency and adaptability
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

Analyzing and evaluating positive and negative influences as well as diverse internal and external factors of culture, peers, community and technology will have a direct effect on health behaviors.

Learning Competencies

Students will be able to:

- Describe how family, culture and peers influence health beliefs, practices and behaviors.
- Evaluate how school and community, media and technology can impact personal health practice and behaviors.
- Analyze how specific health risk behaviors, public health policies, personal values and perceptions of norms can influence health promotion and disease prevention.
- Describe the relationship between access to health care and health status.

Essential Questions

- What are the family, culture and peer influences that would affect my health behaviors?
- How does school and community, media and technology affect personal, family and community health?
- How do personal values, health risk behaviors, and public policies influence promotion and disease prevention?

Health, Grades 9-12

Standard 3

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

21st Century Learning Expectations:

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate technological fluency and adaptability
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

Ability to access and evaluate valid health information will have a direct correlation to one's health.

Learning Competencies

Students will be able to:

- Evaluate and utilize valid health information and resources from home, school and community.
- Determine accessibility of products and services that enhance health.
- Determine when professional health services are needed

Essential Questions

- What determines valid health information?
- How do you access products and services?

Health, Grades 9-12

Standard 4

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

21st Century Learning Expectations:

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate technological fluency and adaptability
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

Improved interpersonal communication skills will enhance personal, family and community health.

Learning Competencies

Students will be able to:

- Demonstrate verbal and non-verbal skills for communicating effectively with family, peers and others to enhance relationships and personal health.
- Demonstrate refusal, negotiation and collaboration skills to enhance health and avoid or reduce health risks.
- Demonstrate strategies, manage or resolve interpersonal conflicts without harming self or others.
- Demonstrate how to ask for and offer assistance to enhance health in self and others.

Essential Questions

- What are the skills for communicating effectively with family, peers and others to enhance health?
- What are ways to demonstrate refusal, negotiation and collaboration skills?
- What strategies are used to prevent, manage and resolve interpersonal conflicts?
- How do you ask for and offer assistance to enhance health of self and others?

Health, Grades 9-12

Standard 5

Students will demonstrate the ability to use decision-making skills to enhance health.

21st Century Learning Expectations:

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate technological fluency and adaptability
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

Decision-making skills are needed to identify, implement and sustain health-enhancing behaviors.

Learning Competencies

Essential Questions

Students will be able to:

- identify when a health related decision is needed.
- describe barriers that can hinder healthy decision making.
- generate alternatives and predict short term and long term impacts on one's health.
- justify when an individual or collaborative decision is necessary.
- evaluate the effectiveness of health-related decisions.

- What decision-making models are available to use?
- What types of health concerns might require a thorough decision process before making a choice? with respect to health?
- What types of barriers might prevent a person from using a decision-making process before reacting to a situation?
- When would it be necessary to collaborate in a health decision?
- Why would it be important to evaluate the effectiveness of a health related decision

Health, Grades 9-12

Standard 6

Students will demonstrate the ability to use goal-setting skills to enhance health.

21st Century Learning Expectations:

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate technological fluency and adaptability
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

Goal-setting skills are essential to help students identify, adopt and maintain healthy behaviors which enable a person to have aspirations and plans for the future.

Learning Competencies

Students will be able to:

- Evaluate self-health practices and overall health status
- Practice the process of goal setting including long term goals, short term goals, tracking and rewards
- Develop SMART Goals to attain a personal health goal while addressing strengths, needs and risks.
- Implement strategies, monitor progress and formulate an effective long term personal health plan

Essential Questions

- What is my current health status?
- Where do I see myself in the future?
- What types of health goals do I need to accomplish my personal aspirations for the future?
- How do I implement my health goals?

Health, Grades 9-12	
Standard 7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
21st Century Learning Expectations:	
<ul style="list-style-type: none"> • Hinsdale students will communicate through various means • Hinsdale students will be able to solve problems • Hinsdale student will take responsibility for their own learning • Hinsdale students will recognize and demonstrate the importance of whole person wellness • Hinsdale students will demonstrate technological fluency and adaptability • Hinsdale students will demonstrate responsibility for their actions and choices 	
Enduring Understandings: Using a variety of healthy practices and behaviors will maintain or improve health as well as avoiding or reducing health risks.	
Learning Competencies	Essential Questions
<i>Students will be able to:</i> <ul style="list-style-type: none"> • Evaluate the role of the individual responsibility for enhancing health and corresponding positive quality of life. • Analyze and demonstrate the relationship between health enhancing behaviors and the reduction or avoidance of health risks to self and others. 	<ul style="list-style-type: none"> • What types of health practices will contribute to either a positive or negative quality of life for self or others? • What are the results of specific positive or negative health practices?

Health, Grades 9-12

Standard 8

Students will demonstrate the ability to advocate for personal, family, and community health.

21st Century Learning Expectations:

- Hinsdale students will communicate through various means
- Hinsdale students will be able to solve problems
- Hinsdale student will take responsibility for their own learning
- Hinsdale students will recognize and demonstrate the importance of whole person wellness
- Hinsdale students will demonstrate technological fluency and adaptability
- Hinsdale students will demonstrate responsibility for their actions and choices

Enduring Understandings:

Supporting others and working cooperativity as an advocate for self and others will help to improve personal, family and community health.

Learning Competencies

Students will be able to:

- Utilize accurate peer and societal norms to formulate a health-enhancing message
- Demonstrate how to influence and support others to make positive health choices
- Work cooperatively as an advocate for improving personal, family and community health
- Adapt health messages and communication techniques to a specific target audience.

Essential Questions

- What are accurate peer and societal norms?
- What are ways to influence and support others to make positive health choices?
- What types of health messages or communication techniques will work to educate a specific target audience?
- How can I work cooperatively as an advocate for improving health