

INSTRUCTIONAL GUIDE: HEALTH 1 - LIFE MANAGEMENT SKILLS

Subject Area: Health

Course Number: 0800300

Grade Level: This course is mandatory for graduation for students who entered the ninth grade prior to 2007-2008

Prerequisite: None

Category: Health

The purpose of this course is to provide students with the opportunity to develop and enhance critical life management skills necessary to make sound decisions and take positive action for healthy and effective living. Specific content will include but not be limited to: positive emotional development; communication, interpersonal and coping skills; responsible decision making and planning; nutrition and weight management; substance use and misuse, including the hazards of smoking; knowledge and skills needed to be a wise consumer; community resources; personal money management; performance of one-rescuer cardiopulmonary resuscitation (CPR) and first aid for an obstructed airway; suicide awareness and prevention; and self-examination for breast and testicular cancer.

The District School Board of Collier County has adopted a policy enabling students to study Abstinence and Human Sexuality education as part of the Comprehensive Health program. Any student whose parent makes a written request to the school principal shall be exempt from HIV/AIDS and human sexuality instructional activities.

The Collier County School Board has adopted the Holt Series as the Primary Instructional Materials for the Life Management Course. The materials include the following: teacher's edition, student text, teaching resources with professional organizer.

INSTRUCTIONAL GUIDE TO ACCOMPANY PACING GUIDES

Pacing Guide (49 Minutes)

Instructional Guide for Health 1- Life Management Skills (49 Minutes)

Topic/Section to be Covered	Time Frame Based on 49 minutes per class	Next Generation Sunshine State Standards (Benchmarks)	Lesson/Information to be Covered	Resources
Introduction/ Wellness	1 st week Approximately five – 49 minute periods of time to complete	HE.912.C.1.1, HE.912. C.1.2 HE.912. C.1.4, HE.912. C.1.5, HE.912. B.3.1, HE.912. B.3.2, HE.912 B.3.6, HE.912. B.4.1, HE.912. B.4.2, HE.912. B.4.3, HE.912. B.4.4	Wellness Course Syllabus Attendance Procedures Rules and Regulations	TE-pp.4-19 TR/Units 1 & 2/pp.1-16
Decision Making	2 nd Week Approximately 2 days of 49 minute periods of time to complete	HE.912.B.3.3 HE.912.B.3.3 HE.912.B.3.6 HE.912.C.1.5 HE.912.P.1.1	Making Decisions	TE-pp.20-33 TR/Units 1 & 2/pp.17-36
Mental/Emotional Health	2 nd Week Approximately 3 days of 49 minute periods of time to complete	HE.912.C.1.2, HE.912.C.1.5, HE.912.C.2.1, HE.912.C.2.5, HE.912.C.2.9, HE.912.B.2.1, HE.912.B.3.1, HE.912.B.3.2, HE.912.B.3.3, HE.912.B.3.6, HE.912.B.4.1, HE.912.B.3.1, HE.912.B.3.1, HE.912.P.1.2	Schizophrenia Depression and Manic Depression Mysteries of the Mind	TE-pp.150-175 TR/Unit 3/pp.1-26
Self-Esteem	3 rd Week Approximately 2 days of 49 minute periods of time to complete	HE.912.C.1.2, HE.912.C.1.5, HE.912.C.2.1, HE.912.C.2.5, HE.912.C.2.9, HE.912.B.2.1, HE.912.B.3.1, HE.912.B.3.2, HE.912.B.3.3, HE.912.B.3.6, HE.912.B.4.1, HE.912.B.3.1, HE.912.B.3.1, HE.912.P.1.2	Me Power Are You Satisfied? The Gentle Art of Saying “No”.	TE-pp.176-189 TR/Unit 3/pp.27-46

Stress	3 rd week Approximately 3 days of 49 minute periods of time to complete	HE.912.C.1.1, HE.912.C.1.2, HE.912.C.1.5, HE.912.C.2.8, HE.912.C.2.9, HE.912.B.2.1, HE.912.B.2.2, HE.912.B.2.4, HE.912.B.3.4, HE.912.B.3.6, HE.912.B.4.1, HE.912.B.4.2, HE.912.P.1.1, HE.912.P.1.2,	One Nation Under Stress Under Stress-Over Driven	TE-pp.190-211 TR/Unit 3/pp.47-70
Coping with Loss	4 th week Approximately 2 days of 49 minute periods of time to complete and Suicide prevention	HE.912.C.1.5, HE.912.C.2.3, HE.912.B.1.4, HE.912.B.2.3, HE.912.B.2.4, HE.912.B.3.3, HE.912.B.3.4, HE.912.B.3.6, HE.912.P.2.1, HE.912.P.2.2,	A Family Again	TE-pp.212-225 TR/Unit3/pp.71-92
Suicide Prevention	4 th week Approximately 3 days of – 49 minute periods of time to complete and Suicide prevention	HE.912.C.1.5, HE.912.C.2.3, HE.912.B.1.4, HE.912.B.2.3, HE.912.B.2.4, HE.912.B.3.3, HE.912.B.3.4, HE.912.B.3.6, HE.912.P.2.1, HE.912.P.2.,	Everything to Live For Suicide is Forever, Problems aren't	TE-pp.226-239 TR/Unit3pp.93-110
Drug Use, Misuse, Abuse Other Drugs of Abuse	5 th Approximately 5 days – 49 minute periods of time to complete	HE.912.C.1.1, HE.912.C.1.5, HE.912.C.1.7, HE.912.C.2.1, HE.912.C.2.2, HE.912.C.2.5, HE.912.C.2.7, HE.912.C.2.9, HE.912.B.2.1, HE.912.B.2.2, HE.912.B.2.4, HE.912.B.3.1, HE.912.B.3.2, HE.912.B.3.4, HE.912.B.3.6, HE.912.P.1.3,	High on Life, Not on Drugs ABC Interactive Laser disc on Drugs Cocaine, the End of the Line Pressure Cooked Kids Are You Talking to Me? Faces of Addiction Tattle	TE-pp.244-259 TE-pp.298-319 TR/Unit4/pp.1-17 TR/Unit4/pp.72-97
Alcohol	6 th week Approximately five – 49 minute periods of time to complete	HE.912.C.1.1, HE.912.C.1.5, HE.912.C.1.7, HE.912.C.2.1, HE.912.C.2.2, HE.912.C.2.5, HE.912.C.2.7, HE.912.C.2.9, HE.912.B.2.1, HE.912.B.2.2, HE.912.B.2.4, HE.912.B.3.1, HE.912.B.3.2, HE.912.B.3.4, HE.912.B.3.6, HE.912.P.1.3,	Kids Under the Influence Alcohol and Cocaine..the Secret of Addiction I'm Just Drinkin	TE-pp.260-283 TR/Unit4pp.31-50

Tobacco	7 th week Approximately five – 49 minute periods of time to complete	HE.912.C.1.1,HE.912.C.1.5, HE.912.C.1.7,HE.912.C.2.1, HE.912.C.2.2,HE.912.C.2.5, HE.912.C.2.7,HE.912.C.2.9, HE.912.B.2.1,HE.912.B.2.2, HE.912.B.2.4,HE.912.B.3.1, HE.912.B.3.2,HE.912.B.3.4, HE.912.B.3.6,HE.912.P.1.3,	I Can Quit..No Problem Smokeless Tobacco..Pittin Image Every Breath You Take The Sean Marsee Story	TE-pp.284-297 TR/Unit4pp.51-71
Nutrition	8 th week Approximately five – 49 minute periods of time to complete	HE.912.C.1.1,HE.912.C.1.5, HE.912.C.1.5,HE.912.C.2.4, HE.912.C.1.1,HE.912.C.1.3, HE.912.C.1.5,HE.912.B.3.6, HE.912.B.4.1,HE.912.P.1.1,	The Food Guide Pyramid Food Poisoning	TE-pp.66-103 TR/Units 1 & 2 pp.73-95
Weight Management	9 th week Approximately 1 day – 49 minute periods of time to complete and Suicide prevention	HE.912.C.1.4,HE.912.C.1.5, HE.912.C.2.5,HE.912.C.2.9, HE.912.C.1.1,HE.912.C.1.5, HE.912.B.3.6,HE.912.B.4.1, HE.912.B.3.6,HE.912.B.4.3, HE.912.P.1.1,	True Story of a Teenage Anorexic by Sunburst	TE-pp.104-123 TR/Units 1 & 2 pp.96-121
Personal Care/Appearance	9 th week Approximately 1 day of – 49 minute periods of time to complete and Suicide prevention	HE.912.C.1.6, HE.912.B.4.3 HE.912.C.2.1,HE.912.C.2.4, HE.912.C.2.5,HE.912.B.4.1, HE.912.B.4.4,HE.912.P.1.1, HE.912.P.1.2,,HE.912.P.2.3		TE-pp.124-145 TR/Units 1 & 2 pp.122-147
Being a Wise Consumer	9 ^h week Approximately 3 days of 49 minute periods of time to complete	HE.912.C.2.4 HE.912.C.2.5 HE.912.B.1.1 HE.912.B.1.3 HE.912.B.1.5	The Secrets of Selling	TE-pp. 570-583 TR/Units 7 & 8 33-52

Reproduction Adolescence Adulthood, Marriage Parenthood Families Preventing Abuse Infectious Diseases S.T.D.'s H.I.V./A.I.D.S. Noninfectious Diseases	10 th -15 week Approximately 30-35 days of – 49 minute periods of time to complete	HE.912.C.1.1.HE.912.C.1.5. HE.912.C.1.7.HE.912.C.1.8. HE.912.C.2.1.HE.912.C.2.2. HE.912.C.2.3.HE.912.C.2.4. HE.912.C.2.5.HE.912.C.2.7. HE.912.C.2.1.HE.912.C.2.8. HE.912.C.2.9.HE.912.B.1.1. HE.912.B.3.1.HE.912.B.3.2. HE.912.B.3.3.HE.912.B.3.4. HE.912.B.3.5.HE.912.B.3.6. HE.912.P.1.1.HE.912.P.1.3. HE.912.P.2.1.HE.912.P.2.2	Miracle of Life The Human Immune System: the Fighting Edge Saying No- A Few Words to Young Adults About Sex. Teen Sex- It Can Kill You A Letter from Brian In the Shadow of Love How to Beat a Heart Attack	TE-pp.324-351 TR/Unit5 pp. 1-24 TE-pp.352-383 TR/Unit 5 pp.25-56 TE-pp.384-401 TR/Unit 5 pp.57-75 TE-pp.402-417 TR/Unit 5 pp.76-91 TE-pp.418-435 TR/Unit 5 pp. 92-118 TE-pp.440-461 TR/Unit 6 pp. 1-21 TE-pp.462-483 TR/Unit 6 pp.22-40 TE-pp.484-507 TR/Unit 6 pp.41-70 TE-pp.508-533 TR/Unit 6 pp.71-96
Environment (optional)	16 th week Approximately five – 49 minute periods of time to complete	HE.912.C.1.1, HE.912.C.1.3, HE.912.C.2.3,HE.912.C.2.4, HE.912.B.1.5,HE.912.B.1.5, HE.912.B.3.3,HE.912.P.1.2, HE.912.P.2.1,HE.912.P.2.3, HE.912.P.2.4,	The Rain Forest	TE-pp.538-569 TR/Units 7 & 8 pp.1-32
First Aid and C.P.R.	17 th week Approximately five – 49 minute periods of time to complete	HE.912.C.1.5,HE.912.B.1.4 HE.912.B.3.5,HE.912.B.3.6, HE.912.P.2.1,HE.912.P.2.4,	First Aid and C.P.R. American Red Cross C.P.R. Training Video	TE-pp.614-649 TR/Units 7 & 8 pp.82-114
Review and Final Exams	18 th week Approximately five – 49 minute periods of time to complete			Sample questions from each unit Student generated questions

Block Pacing Guide (88 Minutes)

INSTRUCTIONAL GUIDE: HEALTH 1 - LIFE MANAGEMENT SKILLS BLOCK

Topic/Section to be Covered	Time Frame Based on 88 minutes per Block	Sunshine State Standards (Benchmarks)	Lesson/Information to be Covered	Resources TE=Teacher's edition TR=Teaching resources
Introduction/ Wellness	88 MINUTES	H.E.A.1.4.3 H.E.B.1.4.1 H.E.B.1.4.2 H.E.B.1.4.4 H.E.B.2.4.3 H.E.C.1.4.1 H.E.C.1.4.3. H.E.C.1.4.4. H.E.C.1.4.6 H.E.C.2.4.3	Wellness Course Syllabus Attendance Procedures Rules and Regulations	TE-pp.4-19 TR/Units 1 & 2/pp.1-16
Decision Making	176-264 MINUTES	H.E.A.1.4.3 H.E.B.1.4.1 H.E.B.1.4.4. H.E.B.3.4.7 H.E.C.1.4.4 H.E.C.2.4.1	Making Decisions	TE-pp.20-33 TR/Units 1 & 2/pp.17-36
Mental/Emotional Health	176-352 MINUTES	H.E.A.1.4.3 H.E.A.2.4.3 H.E.A.2.4.4 H.E.A.2.4.5 H.E.B.1.4.4 H.E.B.2.4.3 H.E.B.2.4.4 H.E.B.3.4.2 H.E.B.3.4.3 H.E.B.3.4.4 H.E.B.3.4.5 H.E.B.3.4.7 H.E.C.1.4.3 H.E.C.1.4.4 H.E.C.1.4.6 H.E.C.2.4.2 H.E.C.2.4.3 H.E.C.2.4.5 H.E.C.2.4.6	Schizophrenia Depression and Manic Depression Mysteries of the Mind	TE-pp.150-175 TR/Unit 3/pp.1-26
Self-Esteem	176-264 MINUTES	H.E.A.1.4.3 H.E.B.1.4.4 H.E.B.2.4.3 H.E.B.2.4.4 H.E.B.3.4.2 H.E.B.3.4.3 H.E.B.3.4.4 H.E.B.3.4.5 H.E.B.3.4.6 H.E.C.2.4.1 H.E.C.2.4.2 H.E.C.2.4.4 H.E.C.2.4.5	Me Power Are You Satisfied? The Gentle Art of Saying "No".	TE-pp.176-189 TR/Unit 3/pp.27-46

Stress	176 MINUTES	H.E.A.1.4.3 H.E.A.1.4.9 H.E.B.1.4.1 H.E.B.1.4.2 H.E.B.1.4.3 H.E.B.1.4.4 H.E.B.2.4.3 H.E.B.2.4.4 H.E.B.3.4.2 H.E.B.3.4.3 H.E.B.3.4.4 H.E.B.3.4.5 H.E.B.3.4.6 H.E.B.3.4.7 H.E.C.1.4.1 H.E.C.1.4.4 H.E.C.1.4.5 H.E.C.1.4.6	One Nation Under Stress Under Stress-Over Driven	TE-pp.190-211 TR/Unit 3/pp.47-70
Coping with Loss	88 MINUTES	H.E.A.1.4.3 H.E.B.1.4.4 H.E.B.2.4.3 H.E.B.3.4.2 H.E.B.3.4.3 H.E.B.3.4.4 H.E.B.3.4.5 H.E.B.3.4.7 H.E.B.3.4.8 H.E.C.2.4.2	A Family Again	TE-pp.212-225 TR/Unit3/pp.71-92
Suicide Prevention	176 MINUTES	H.E.A.1.4.3 H.E.A.2.4.4 H.E.B.1.4.3 H.E.B.1.4.4 H.E.B.2.4.3 H.E.B.2.4.4 H.E.B.3.4.2 H.E.B.3.4.3 H.E.B.3.4.4 H.E.B.3.4.5 H.E.B.3.4.6 H.E.B.3.4.7 H.E.C.1.4.1 H.E.C.1.4.3 H.E.C.1.4.5 H.E.C.2.4.1	Everything to Live For Suicide is Forever, Problems aren't	TE-pp.226-239 TR/Unit3pp.93-110
Drug Use, Misuse, Abuse Other Drugs of Abuse	264-352 MINUTES	H.E.A.1.4.3 H.E.A.2.4.4 H.E.C.1.4.3 H.E.C.1.4.5 H.E.C.2.4.1	High on Life, Not on Drugs ABC Interactive Laser disc on Drugs Cocaine, the End of the Line Pressure Cooked Kids Are You Talking to Me? Faces of AddictionTattle	TE-pp.244-259 TE-pp.298-319 TR/Unit4/pp.1-17 TR/Unit4/pp.72-97

Alcohol	176 MINUTES	H.E.A.1.4.1 H.E.A.1.4.2 H.E.A.1.4.3 H.E.B.1.4.1 H.E.B.1.4.2 H.E.B.3.4.4 H.E.B.3.4.5 H.E.B.3.4.7 H.E.C.1.4.3 H.E.C.1.4.4 H.E.C.1.4.5 H.E.C.2.4.1	Kids Under the Influence Alcohol and Cocaine..the Secret of Addiction I'm Just Drinkin	TE-pp.260-283 TR/Unit4pp.31-50
Tobacco	176 MINUTES	H.E.A.1.4.1 H.E.A.1.4.2 H.E.A.1.4.3 H.E.A.2.4.4 H.E.B.1.4.1. H.E.B.1.4.2 H.E.B.2.4.3 H.E.B.3.4.4 H.E.B.3.4.5 H.E.B.3.4.7 H.E.C.1.4.3 H.E.C.1.4.4 H.E.C.1.4.5 H.E.C.2.4.1	I Can Quit..No Problem Smokeless Tobacco..Pittin Image Every Breath You Take The Sean Marsee Story	TE-pp.284-297 TR/Unit4pp.51-71
Nutrition	176 MINUTES	H.E.A.1.4.3 H.E.A.2.4.3 H.E.A.2.4.4 H.E.B.2.4.3 H.E.B.2.4.4 H.E.B.3.4.6 H.E.C.1.4.3 H.E.C.1.4.4 H.E.C.1.4.6	The Food Guide Pyramid Food Poisoning	TE-pp.66-103 TR/Units 1 & 2 pp.73-95
Weight Management	88 MINUTES	H.E.A.1.4.3 H.E.A.2.4.3 H.E.A.2.4.4 H.E.B.2.4.3 H.E.B.2.4.4 H.E.B.3.4.6 H.E.C.1.4.3 H.E.C.1.4.4 H.E.C.1.4.6	True Story of a Teenage Anorexic by Sunburst	TE-pp.104-123 TR/Units 1 & 2 pp.96-121
Personal Care/Appearance (optional)	88 MINUTES	H.E.A.2.4.1 H.E.A.2.4.2 H.E.A.2.4.3 H.E.A.2.4.5 H.E.C.1.4.3 H.E.C.1.4.4		TE-pp.124-145 TR/Units 1 & 2 pp.122-147
Being a Wise Consumer	176 minutes	H.E.A.2.4.3 H.E.A.2.4.5 H.E.B.2.4.2	The Secrets of Selling	TE-pp. 570-583 TR/Units 7 & 8 33-52

Reproduction Adolescence Adulthood, Marriage Parenthood Families Preventing Abuse Infectious Diseases S.T.D.'s H.I.V./A.I.D.S. Noninfectious Diseases	1144 MINUTES	H.E.A.1.4.3 H.E.A.2.4.4 H.E.B.1.4.2 H.E.B.3.4.2 H.E.B.3.4.3 H.E.C.1.4.1 H.E.C.2.4.5 H.E.A.1.4.6 H.E.B.1.4.1 H.E.B.3.4.5 H.E.C.1.4.5 H.E.C.2.4.2 H.E.C.2.4.3 H.E.B.2.4.4 H.E.B.3.4.4 H.E.B.3.4.8 H.E.C.2.4.1 H.E.B.3.4.7 H.E.B.1.4.4 H.E.B.2.4.3 H.E.A.1.4.7.	Miracle of Life The Human Immune System: the Fighting Edge Saying No- A Few Words to Young Adults About Sex. Teen Sex- It Can Kill You A Letter from Brian In the Shadow of Love How to Beat a Heart Attack	TE-pp.324-351 TR/Unit5 pp. 1-24 TE-pp.352-383 TR/Unit 5 pp.25-56 TE-pp.384-401 TR/Unit 5 pp.57-75 TE-pp.402-417 TR/Unit 5 pp.76-91 TE-pp.418-435 TR/Unit 5 pp. 92-118 TE-pp.440-461 TR/Unit 6 pp. 1-21 TE-pp.462-483 TR/Unit 6 pp.22-40 TE-pp.484-507 TR/Unit 6 pp.41-70 TE-pp.508-533 TR/Unit 6 pp.71-96
Environment (optional)	88 MINUTES (optional)	H.E.A.1.4.3 H.E.A.2.4.4 H.E.C.2.4.3 H.E.C.2.4.5 H.E.C.2.4.6	The Rain Forest	TE-pp.538-569 TR/Units 7 & 8 pp.1-32
First Aid and C.P.R.	440 MINUTES	H.E.A.1.4.3 H.E.A.2.4.4 H.E.B.1.4.8 H.E.B.3.4.2 H.E.B.3.4.4 H.E.C.1.4.3	First Aid and C.P.R. American Red Cross C.P.R. Training Video	TE-pp.614-649 TR/Units 7 & 8 pp.82-114
Review and Final Exams	264 MINUTES			Sample questions from each unit Student generated questions

COURSE DESCRIPTIONS AND BENCHMARK NUMBERS

Course Number: 0800300
Course Path: **Section:** Basic and Adult Education » **Grade Group:** Secondary Grades 9-12 » **Subject:** Health Education » **SubSubject:** General »
Course Title: Health 1-Life Management Skills
Course Section: Basic and Adult Education
Abbreviated Title: HEALTH1-LIF MGMT SKL
Number of Credits: Half credit (.5)
Course Length: Semester
Course Type: Elective

The purpose of this course is to produce health literate students that make sound decisions and take positive actions for healthy and effective living. The course is wellness oriented and emphasizes responsible decision-making and planning for a healthy lifestyle.

RELATED BENCHMARKS (50):

Benchmark	Description
HE.912.B.1.1	Verify the validity of health information, products, and services.
HE.912.B.1.3	Evaluate the accessibility of products and services that enhance health.
HE.912.B.1.4	Justify when professional health services or providers may be required.
HE.912.B.1.5	Critique valid and reliable health products and services.
HE.912.B.1.6	Justify the validity of a variety of technologies to gather health information.
HE.912.B.2.1	Explain skills needed to communicate effectively with family, peers, and others to enhance health.

- HE.912.B.2.2 Assess refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
- HE.912.B.2.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
- HE.912.B.2.4 Analyze the validity of ways to ask for and offer assistance to enhance the health of self and others.
- HE.912.B.3.1 Determine the value of applying a thoughtful decision-making process in health-related situations.
- HE.912.B.3.2 Examine barriers that can hinder healthy decision-making.
- HE.912.B.3.3 Assess whether individual or collaborative decision-making is needed to make a healthy decision.
- HE.912.B.3.4 Generate alternatives to health-related issues or problems.
- HE.912.B.3.5 Appraise the potential short-term and long-term outcomes of each alternative on self and others.
- HE.912.B.3.6 Employ the healthiest choice when considering all factors in making a decision.
- HE.912.B.4.1 Evaluate personal health practices and overall health status to include all dimensions of health.
- HE.912.B.4.2 Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks.
- HE.912.B.4.3 Implement strategies and monitor progress in achieving a personal health goal.
- HE.912.B.4.4 Formulate an effective long-term personal health plan.
- HE.912.C.1.1 Predict how healthy behaviors can affect health status.
- HE.912.C.1.2 Interpret the interrelationships of mental/emotional, intellectual, physical, and social health.
- HE.912.C.1.4 Analyze how heredity and family history can impact personal health.
- HE.912.C.1.5 Propose strategies to reduce or prevent injuries and health problems.
- HE.912.C.1.7 Assess the degree of susceptibility to injury, illness or death if engaging in unhealthy/risky behaviors.

- HE.912.C.1.8 Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases.
- HE.912.C.2.1 Analyze how the family influences the health of individuals.
- HE.912.C.2.2 Compare how peers influence healthy and unhealthy behaviors.
- HE.912.C.2.3 Assess how the school and community can affect personal health practice and behaviors.
- HE.912.C.2.4 Evaluate how public health policies and government regulations can influence health promotion and disease prevention.
- HE.912.C.2.5 Evaluate the effect of media on personal and family health.
- HE.912.C.2.6 Evaluate the impact of technology on personal, family, and community health.
- HE.912.C.2.7 Assess the consequences of health risk behaviors.
- HE.912.C.2.8 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
- HE.912.C.2.9 Analyze how culture supports and challenges health beliefs, practices, and behaviors.
- HE.912.P.1.1 Analyze the role of individual responsibility in enhancing health.
- HE.912.P.1.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve health.
- HE.912.P.1.3 Critique a variety of behaviors that avoid or reduce health risks.
- HE.912.P.2.2 Demonstrate how to influence and support others in making positive health choices.
- HE.912.P.2.3 Work cooperatively as an advocate for improving personal, family and community health.
- LA.910.1.6.1 The student will use new vocabulary that is introduced and taught directly;
- LA.910.1.6.5 The student will relate new vocabulary to familiar words;
- LA.910.2.2.1 The student will analyze and evaluate information from text features (e.g., transitional devices, table of contents, glossary, index, bold or italicized text, headings, charts and graphs, illustrations, subheadings); .
(DOK Rating: High)

- LA.910.2.2.2 The student will use information from the text to answer questions or to state the main idea or provide relevant details;
- LA.910.2.2.3 The student will organize information to show understanding or relationships among facts, ideas, and events (e.g., representing key points within text through charting, mapping, paraphrasing, summarizing, comparing, contrasting, or outlining);
- LA.910.2.2.5 The student will select a variety of age and ability appropriate nonfiction materials (e.g., biographies and topical areas, such as science, music, art, history, sports, current events) to expand the core knowledge necessary to connect topics and function as a fully literate member of a shared culture.
- LA.910.5.2.1 The student will select and use appropriate listening strategies according to the intended purpose (e.g., solving problems, interpreting and evaluating the techniques and intent of a presentation);
- LA.910.5.2.3 The student will use appropriate eye contact, body movements, voice register and oral language choices for audience engagement in formal and informal speaking situations;
- LA.910.6.3.1 The student will distinguish between propaganda and ethical reasoning strategies in print and non-print media;
- MA.912.A.10.1 Use a variety of problem-solving strategies, such as drawing a diagram, making a chart, guessing- and-checking, solving a simpler problem, writing an equation, working backwards, and creating a table. DOK Rating: HIGH
- MA.912.F.3.1 Compare the advantages and disadvantages of using cash versus a credit card. DOK Rating: HIGH

RELATED GLOSSARIES (8)

Area	The number of square units needed to cover a surface.
Chart	A data display that presents information in columns and rows.
Equation	A mathematical sentence stating that the two expressions have the same value. Also read the definition of equality.
Instantaneous Rate of Change	The rate of change at a particular moment. For a function, the instantaneous rate of change at a point is the same as the slope of the tangent line at that point.
Point	A specific location in space that has no discernable length or width.
Square	A rectangle with four congruent sides; also, a rhombus with four right angles.
Table	A data display that organizes information about a topic into categories using rows and columns.
Width	The shorter length of a two-dimensional figure. The width of a box is the horizontal distance from side to side (usually defined to be greater than the depth, the horizontal distance from front to back).

Special thanks to all the Collier County Health teachers who contributed to the High School Health Pacing Guide/Curriculum.