

# Health 2018

Stanton Community Schools



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## Acknowledgements

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## **District Mission Statement**

The Stanton Community Schools exist to create, foster, and provide a positive learning environment in which all students can become responsible and productive members of the United States of America through academic, physical, social, vocational, technical, and emotional growth.

## **Goals**

The students will:

1. Engage in a 21st century learning environment by
  - a. Exceeding learning standards in the core curricular areas of Language Arts, Mathematics, Science and Social Science.
  - b. Acquiring lifelong learning skills such as self-direction, adaptability, and higher-order thinking/problem solving. Also, included in these learning skills are researching information & reporting results, developing inter-personal & cross-cultural relationships, and utilizing the student's curiosity & creativity.
  - c. Utilizing learning technologies to explore & investigate concepts; access, manage, analyze, & synthesize information; and communicate & produce quality products.
2. Be prepared to compete in a global society following graduation.
3. Develop respect and a positive attitude for themselves and others.
4. Assume civic responsibility as a member of a family, community, nation, and world.
5. Develop an appreciation for the visual and performing arts.
6. Be provided with vocational and technological skills.
7. Have the knowledge and skills needed to maintain healthy and fit bodies throughout their lives.
8. Be provided an environment that stimulates emotional growth.
9. Assume responsibility and ownership for their education.

## **Health Mission Statement**

Students completing the health curriculum will learn about personal health issues and how healthy habits are key ingredients to developing lifelong wellness.

## Health Curriculum

**Purpose Statement:** Health students will be able to identify different factors of personal health behaviors and how they affect the body.

**Focus:** Personal Health

**Outcome H.1:** Students will determine health skills needed for healthy behaviors.

- H.1.1 Identify healthy behaviors in nutrition and physical activity.
- H.1.2 Discuss factors that affect health status.
- H.1.3 Analyze healthful influences that promote good health status.
- H.1.4 Demonstrate healthy behaviors in nutrition.
- H.1.5 Demonstrate healthy behaviors in physical activity.

**Outcome H.2:** Students will produce a personal fitness plan.

- H.2.1 Explain the importance of adequate rest and sleep.
- H.2.2 Investigate different health related fitness techniques.
- H.2.3 Identify personal fitness goals.
- H.2.4 Develop a personal fitness plan.
- H.2.5 Adjust a personal fitness plan based upon the needs of the participant.

**Outcome H.3:** Students will produce a personal nutrition plan.

- H.3.1 Identify a well-balanced nutrition plan.
- H.3.2 Identify individual needs/goals for a personalized nutrition plan.
- H.3.3 Develop a personalized nutrition plan.
- H.3.4 Analyze food labels.
- H.3.5 Discuss healthy/unhealthy eating habits.
- H.3.6 Differentiate between eating disorders.

**Outcome H.4:** Students will distinguish between healthy and unhealthy lifestyles.

- H.4.1 Explain personal health goals.
- H.4.2 Identify steps to follow to develop interpersonal communication skills to promote good health.
- H.4.3 Summarize proper grooming techniques to improve physical and social health.
- H.4.4 Analyze the use of harmful substances effect on the body.
- H.4.5 Identify healthy/unhealthy sexual relationships.

**Outcome H.5:** Students will summarize different aspects of mental and emotional health.

- H.5.1 Identify traits and behaviors associated with having good character.
- H.5.2 Identify strategies for coping with depression.
- H.5.3 Identify and discuss stress management skills.
- H.5.4 Understand methods to manage emotional health.
- H.5.6 Analyze the effects of bullying/cyber-bullying.
- H.5.7 Identify traits and behaviors associated healthy and unhealthy relationships.

**Outcome H.6:** Students will understand how the body works based on the principles of physiology and anatomy.

- H.6.1 Identify the systems of the body.
- H.6.2 Identify the major bones of the body.
- H.6.3 Identify the major muscles of the body.
- H.6.4 Understand basic physiological movement terms.
- H.6.5 Identify diseases that affect the body and its systems.

**Outcome H.7:** Students will understand basic first aid principles and cpr.

- H.7.1 Identify basic open wound treatment.
- H.7.2 Identify basic joint sprain treatment.
- H.7.3 Identify basic burn treatment.
- H.7.4 Demonstrate proper CPR technique.
- H.7.5 Summarize proper splint techniques.

**Outcome H.8** Students will analyze different aspects of health-related careers.

- H.8.1 Differentiate between dress code between careers.
- H.8.2 Discuss the mental, physical, and emotional differences between health careers.
- H.8.3 Identify career specific terminology.
- H.8.4 Explain which health related career interests them the most.
- H.8.5 Identify health related careers that are in demand.