

# Washington State Learning Standards Alignment for Health & Fitness

## Carone Fitness Course: Health & Personal Wellness

Number		Health & Personal Wellness
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### WELLNESS

H1.W1.HS	Analyze personal dimensions of health and design a plan to balance health.	Section 1.2 - Assignment: Health Action Plan
H2.W2.HSa	Analyze prevention, lifestyle factors, and treatment of communicable and noncommunicable diseases.	Section 5.2 - Lesson: Infectious Diseases, Section 5.1 - Discussion: Health Habits & Disease
H2.W2.HSb	Assess personal risk factors and predict future health status.	Section 1.1 - Reflection Questions, Section 1.1 - Discussion: Risk Factors
H2.W3.HS	Analyze how a variety of factors impact personal and community health.	Section 1.1 - Assignment: Health Survey
H3.W4.HS	Create a resource that outlines where and how students can access valid and reliable health information, products, and services.	Section 5.2 - Reflection Questions
H4.W5.HS	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	Section 3.2 - Lesson: Conflict Resolution, Section 3.2 - Reflection Questions
H5.W6.HS	Predict potential short- and long-term outcomes of a personal health-related decision.	Section 1.1 - Reflection Questions, Section 1.1 - Discussion: Risk Factors
H6.W7.HS	Implement strategies to achieve a personal health goal.	Section 1.2 - Lesson: All Lessons, Section 1.2 Discussion: Goal Setting, Section 1.2 - Reflection Questions, Section 1.2 - Assignment: Health Action Plan

### SAFETY

H5.Sa1.HS	Analyze impact of decisions related to bicycle, pedestrian, traffic, water, and recreation safety.	Section 6.2 - Lesson: Accidents
H1.Sa1.HS	Describe how to prevent occupational injuries.	Section 6.2 - Lesson: Accidents
H2.Sa1.HS	Compare how family, peers, culture, media, technology, and other factors influence safety and injury prevention practices and behaviors	Section 6.2 - Lesson: Accidents
H7.Sa2.HSa	Apply basic first aid skills.	Section 6.2 - Lesson: First Aid
H7.Sa2.HSb	Demonstrate CPR and AED procedures	Section 6.2 - Lesson: CPR
H2.Sa3.HS	Evaluate societal influences on violence.	Section 6.2 - Lesson: Personal Safety
H7.Sa3.HS	Demonstrate effective peer resistance, negotiation, and collaboration skills to avoid potentially violent situations.	Section 6.2 - Lesson: Personal Safety

H8.Sa3.HS	Advocate for violence prevention.	Section 6.2 - Lesson: Personal Safety
H1.Sa3.HS	Analyze potential dangers of sharing personal information through electronic media.	Section 6.2 - Discussion: Internet Safety

### Nutrition

H1.N1.HS	Predict impact of consuming adequate or inadequate amounts of nutrients	Section 4.2 - Reflection Questions
H3.N1.HS	Evaluate resources for accessing valid and reliable information, products, and services for healthy eating.	Getting Started: Resources: "Evaluating Credible Resources"; Section 6.1 Consumer Health; Section 4.2 Nutrition
H8.N1.HS	Collaborate with others to advocate for healthy eating at home, in school, or in the community	Section 4.2 Nutrition
H2.N2.HS	Analyze the impact of school rules and community and federal laws on beverage availability and choice.	Addressed at Teacher Level
H5.N3.HS	Cite evidence from Nutrition Facts labels useful for making informed and healthy choices.	Section 4.2 - Lesson: Food Labels
H3.N3.HS	Analyze trends in portion size as compared to recommended serving sizes.	Section 4.2 - Lesson: Portion Sizes
H7.N4.HS	Demonstrate how to balance caloric intake with caloric expenditure to maintain, gain, or reduce weight in a healthy manner	Section 4.2 Nutrition
H1.N5.HS	Analyze and describe the relationship between nutritional choices, physical activity, and chronic diseases.	Unit 4 Physical health, Section 5.1 Disease Prevention
H7.N6.HS	Design, monitor, and adjust a personal nutrition plan, considering cost, availability, access, nutritional value, balance, freshness, and culture.	Section 4.2 - Lesson: My Plate, Section 4.2 - Assignment: Daily Food Plan and Diet Analysis
H6.N6.HS	Apply strategies to overcome barriers to achieving a personal goal to improve healthy eating behaviors.	Section 4.2 - Lesson: My Plate, Section 4.2 - Assignment: Daily Food Plan and Diet Analysis

### SEXUAL HEALTH

H1.Se1.HSa	Summarize fertilization, fetal development, and childbirth.	Unit 4 Exam: Essay Portion
H5.Se1.HS	Explain the role hormones play in sexual behavior and decisionmaking.	Section 4.3 - Lesson: Changes in Adolescence
H1.Se1.HSb	Describe emotional, social, physical, and financial effects of being a teen or young adult parent.	Section 4.3: Reproductive Choices
H1.Se1.HSc	Describe behaviors that impact reproductive health.	Section 4.3 Reproductive Health
H7.Se1.HS	Describe steps of testicular selfexam and the importance of breast self-awareness.	

H1.Se2.HSa	Explain the physical, social, mental, and emotional changes associated with being a young adult.	Section 4.3 - Lesson: Changes in Adolescence
H1.Se2.HSb	Describe how sexuality and sexual expression change throughout the life span.	Section 4.3 discusses sexual expression
H2.Se3.HS	Evaluate how culture, media, society, and other people influence our perceptions of gender roles, sexuality, relationships, and sexual orientation.	Relationships discussed, but not sexual orientation; Unit 2 Healthy Relationships
H1.Se4.HSa	Evaluate the effectiveness of abstinence, condoms, and other contraceptives in preventing pregnancy and STDs/HIV.	Section 4.3 - Lessons: Abstinence, Contraceptive Methods I, Contraceptive Methods II Section 4.3 Discusses condom use, but does not diagram steps
H7.Se4.HS	Demonstrate steps to using a condom correctly.	
H3.Se4.HS	Identify local youth-friendly sexual health services.	
H1.Se4.HSb	Understand that people can choose abstinence at different times in their lives.	Section 4.3 - Lessons: Abstinence, Contraceptive Methods I
H8.Se4.HS	Advocate for STD testing and treatment for sexually active youth.	Section 5.1
H5.Se4.HS	Use a decision-making model to make a sexual health-related decision.	Section 4.3 assignment
H1.Se5.HSa	Differentiate between affection, love, commitment, and sexual attraction.	Section 4.3
H1.Se5.HSb	Compare and contrast characteristics of healthy and unhealthy romantic and sexual relationships.	Section 3.1: Healthy Relationships; Section 4.3: Reproductive Health
H4.Se5.HS	Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent.	Section 4.3
H2.Se5.HS	Analyze factors that can affect the ability to give or recognize consent to sexual activity.	Section 4.3
H3.Se5.HS	Identify ways to access accurate information and resources for survivors of sexual health offenses.	Section 6.1: Personal Safety Lesson
H3.Se6.HS	Describe laws related to accessing sexual health care services.	Section 4.3
H7.Se6.HS	Understand importance of personal and social responsibility for sexual decisions.	Section 4.3
H1.Se6.HSa	Examine laws and consequences related to sexual offenses, including when a minor is involved.	Section 3.1: Abuse; Section 6.1: Internet Safety Lesson; Section 6.2: Personal Safety Lesson
H1.Se6.HSb	Identify laws and concerns related to sending or posting sexually explicit pictures or messages.	Section 6.1: Internet Safety Lesson

## SOCIAL EMOTIONAL HEALTH

H1.So1.HSa	Assess self-esteem and determine its impact on personal dimensions of health.	Section 2.1- Assignment: Body Image & Self Esteem
H1.So1.HSb	Understand changes in self-esteem can occur as people mature.	Section 2.1- Assignment: Body Image & Self Esteem
H3.So2.HS	Explain why people with eating disorders need support services.	Section 4.2 - Lesson: Eating Disorders
H1.So2.HS	Identify supportive services for people with eating disorders.	Section 4.2 - Lesson: Eating Disorders
H8.So2.HS	Describe how to support someone who has symptoms of an eating disorder.	Section 4.2 - Lesson: Eating Disorders
H1.So3.HS	Identify physical and psychological responses to stressors.	Section 2.3 - Lesson: Stress Management
H7.So3.HS	Develop a personal stress management plan.	Section 2.3
H8.So4.HS	Advocate for ways to manage or resolve interpersonal conflict.	Section 3.2 - Lesson: Conflict Resolution
H1.So4.HS	Summarize strategies for coping with difficult emotions, including defense mechanisms.	Section 2.3 - Lesson: Stress Management, Section 2.3 - Discussion: Stress Management
H4.So4.HS	Demonstrate effective communication skills to express emotions.	Section 3.2 - Reflection Questions
H1.So5.HS	Analyze strategies to prevent and respond to different types of harassment, intimidation, and bullying.	Section 6.2- Lesson: Personal Safety
H2.So5.HS	Compare and contrast the influence of family, peers, culture, media, technology, and other factors on harassment, intimidation, and bullying.	Section 6.2- Lesson: Personal Safety, Section 2.1- Discussion: Societal Effects
H1.So6.HSa	Compare and contrast emotional and mental and behavioral illness, mental well-being, and concurrent disorders.	Section 2.1 - Lesson: Mental Disorders
H1.So6.HSb	Describe how self-harm or suicide impacts other people.	Section 2.2
H1.So6.HSc	Explain how to help someone who is thinking about attempting suicide.	Section 2.2 - Coping
H3.So6.HSa	Identify school and community resources that can help a person with emotional and mental and behavioral health concerns.	Section 2.2 - Coping
H3.So6.HSb	Describe laws related to minors accessing mental health care.	Addressed at Teacher Level
H8.So6.HS	Advocate for reducing stigma associated with emotional and mental and behavioral health.	Section 2.2

## SUBSTANCE USE AND ABUSE

H1.Su1.HSa	Analyze why individuals choose to use or not use substances	Section 5.2 - Reflection Questions
H1.Su1.HSb	Differentiate classifications of substances.	Section 5.2 - Assignment: Substance Abuse Table
H3.Su1.HSa	Analyze validity of information on substance use.	Section 5.2 - Assignment: Substance Abuse Table
H3.Su1.5b	Describe laws related to minors accessing substance abuse treatment.	Section 5.2- Drugs & Alcohol
H1.Su2.HSa	Summarize short- and long-term effects of substance abuse on dimensions of health.	Section 5.2 - Assignment: Substance Abuse Table
H1.Su2.HSb	Analyze how addiction and dependency impact individuals, families, and society.	Section 5.2 - Discussion: Media
H6.Su3.HS	Predict how a drug-free lifestyle will support achievement of short- and long-term goals.	Section 5.2- Drugs & Alcohol; Section 7.1 Health Interventions
H8.Su3.HS	Design a drug-free message for a community beyond school.	Section 5.2- Reflection
H3.Su4.HS	Analyze valid and reliable information to prevent or treat substance dependency and addiction.	Section 5.2- Drugs & Alcohol
H1.Su4.HS	Understand how codependency relates to substance use and abuse.	Section 5.2- Drugs & Alcohol
H1.Su5.HS	Compare and contrast school, local, state, and federal laws related to substance possession and use.	Section 5.2- Drugs & Alcohol