

Health	
Structure and Function of the Body	
	Classify the three different types of muscle tissue (smooth, cardiac, skeletal) and differentiate between them
	Differentiate among the kinds of joints in the skeletal system (e.g., ball and socket, hinge, gliding, pivot, moveable, and immovable)
	Illustrate air flow through the respiratory system
	Investigate how environment affects learning.
	Distinguish between the CNS and PNS (Central Nervous System and Peripheral Nervous System)
	Identify the function of each organ in the digestive system (e.g., stomach-digestive juices, pancreas-insulin, gall bladder-storage of bile, liver-removes toxins, small intestines-absorbs nutrients, large intestines-removes solid waste) as it relates to overall health
	Describe how the endocrine system affects all other body systems
	Investigate and draw conclusions regarding hormones responsible for the development of secondary sex characteristics and for the production and release of reproductive cells, allowing the opportunity for fertilization
	Describe the physical changes that occur during puberty and the interrelationships among systems that cause these changes (endocrine, reproductive, skeletal, muscular)
	Differentiate between negative peer pressure and positive peer support
	Evaluate ideas and perspectives regarding the influence of family, friends, and culture have on health choices and behaviors during adolescence
	Describe how to constructively manage feelings caused by disappointment, stress, separation or loss
	Model healthy communication skills through exchange of information, questions, and ideas while recognizing the perspective of others
Health Maintenance and Enhancement	
	Identify various health needs during adolescence (e.g., mental, emotional, social, and physical)
	Compare and contrast factors that can affect growth and development which one can alter, enhance, or adapt (e.g., heredity, family, environment, physical

	activity, hormones, disease)
	Describe and differentiate the contribution specific nutrients make towards growth, repair, and cellular needs of the body: fats provide the body with a stored form of energy, warmth and insulation for body organs; carbohydrates provide the body with an immediate source of energy; protein helps the body grow, makes muscles strong and repairs body tissues; vitamins and minerals help to release energy and help the body fight infections, making strong bones and teeth
	Compare the nutrient contribution of a food to its energy/caloric contribution
	Formulate appropriate strategies to address problems that can affect a healthy body image during adolescence (e.g., culture, family, peers, media, personality, emotions)
	Recognize that fads, quackery, and advertising can influence health behaviors and practices
	Recognize how the collaboration efforts of individuals, communities, and government affect the health of a community (e.g., recycling effort, pollution centers)
	Identify and explore health related careers
	Assess conflict situations and apply conflict resolution/mediation strategies
	Apply the decision making process to adolescent health issues
	Recognize that life management skills (e.g., stress management, goal setting, decision making, assertive behavior, resisting peer pressure, and conflict resolution) can be applied to personal situations that adolescents encounter
	Discuss peer pressure reversal techniques to reduce or resist negative peer pressure and aggressive behavior
	Evaluate current assets (positive influences in one's life) and determine ways to enhance those qualities
	Describe stress management skills to reduce stress related problems
	Formulate a personal and school-wide plan(s) to address and reduce bullying
Risk Assessment and Reduction	
	Identify the stages of disease progression (e.g., incubation)
	Analyze information about the transmission and prevention of communicable diseases
	Locate, select, and organize information about non-communicable diseases that may impact adolescents such as diabetes, asthma, joint disease, cancer, mental

	disorder)
	Explain the role of abstinence in preventing sexually transmitted infections and pregnancy (**Section 170.015 Revised Statutes of Missouri: Requires the student be presented "with the latest medically factual information regarding both the possible side effects and health benefits of all forms of contraception, including the success and failure rates for the prevention of pregnancy and sexually transmitted diseases.")
	Recognize basic aid techniques that help save lives, reduce the severity of an injury and enhances recovery
	Apply concepts about weather safety (recognize and attend to changing conditions), exercise precautions during activities, and follow appropriate safety rules and use of equipment
	Investigate the community agencies that provide water safety courses
	Define steroids
	Describe the short and long-term effects of performance enhancing drugs
	Differentiate between over the counter (OTC) and prescription drugs, their purpose, precautions and guidelines for use
	Classify drugs based on their effect on the body (e.g., stimulant, depressant, hallucinogen, narcotic)
	Differentiate among various types of drugs and their effect upon the body including the following: how the drug enters the body, how the drug interacts with body chemistry
	Present different opinions and arguments about the effects of TAOD on individuals, family, and society
	Examine existing and potential environmental health problems within their community and discuss ways to address them