

Health



Course Focus (Apply the following for each content standard.)

HTH.1 Identify the principles of SDA Christian values in correlation with health.

- HTH.1.1 Recognize God's power as designer, creator, sustainer, and redeemer.
- HTH.1.2 Acknowledge God as the author of all health principles and the body as His temple.
- HTH.1.3 Develop stewardship and service attitudes towards health, life, and environment.
- HTH.1.4 Apply Biblical principles of Christian morality, integrity, and ethical behavior to all aspects of life.
- HTH.1.5 Equip students with SDA Christian perspectives on health issues.

Course Abilities (Apply the following to each content standard.)

HTH.2 Develop abilities in health.

- HTH.2.1 Critical and creative thinking skills (analysis, evaluation, divergent questioning, modeling).
- HTH.2.2 Problem solving.
- HTH.2.3 Cooperative learning.

HTH.3 Be able to apply health knowledge and skills to a variety of purposes.

- HTH.3.1 Recognize health principles and laws as tools to improve everyday life.
- HTH.3.2 Read, write, and interpret health documents.
- HTH.3.3 Conduct research in the content area.

Course Content: Health Literacy, Responsible Behavior, Promotion of Health Practices

HTH.4 Be able to understand principles of health.

- HTH.4.1 Recognize that a relationship with God is essential to wellness.
- HTH.4.2 Define and properly use terminology regarding health practices.
- HTH.4.3 Utilize a variety of technological resources to analyze and appraise health information.
- HTH.4.4 Identify and analyze positive and negative consequences of health choices.
- HTH.4.5 Comprehend SDA Christian principles of healthy living (nutrition, exercise, water, sunlight, temperance, air, rest, trust in God, service).

HTH.5 Be able to demonstrate responsible behavior.

- HTH.5.1 Understand proper safety and first aid procedures.
- HTH.5.2 Analyze the influence family, peers, culture, media, technology and other factors have on health behaviors.
- HTH.5.3 Develop decision-making and goal-setting skills to enhance health.
- HTH.5.4 Demonstrate the ability to practice health-enhancing behaviors and avoid/reduce health risks.
- HTH.5.5 Implement SDA Christian principles in the pursuit of wellness (spiritual, mental, physical, social).

HTH.6 Be able to develop methods for the promotion of health.

- HTH.6.1 Utilize a variety of approaches to promote wellness (writing, speaking, demonstration, etc.).
- HTH.6.2 Demonstrate the ability to advocate for the reduction and avoidance of health risks among peers, family, and community in a global society.