



## HS Health Class Standards and Benchmarks

### Reporting Category 1: Understanding Health Concepts

#### Standard HS.HEA.1.1 Comprehend concepts related to health promotion and disease prevention.

HS.HEA.	1.1.1	Understand the functions of body systems
HS.HEA.	1.1.2	Understand the 6 nutrient groups, and recommended activity levels
HS.HEA.	1.1.3	Know multiple communication and conflict resolution strategies
HS.HEA.	1.1.4	Identify factors that contribute to and help alleviate stress
HS.HEA.	1.1.5	Explain the effects of substance use and abuse
HS.HEA.	1.1.6	Identify the relative effectiveness of contraception and STD prevention
HS.HEA.	1.1.7	Describe effective and appropriate responses to social and interpersonal situations (e.g. bullying, discrimination, harassment, and intimidation)

### Reporting Category: Analysis and Application

#### Standard HS.HEA.2.1 Apply content knowledge in multiple ways to demonstrate deeper understanding

HS.HEA.	2.1.1	Analyse influences related to substance misuse (e.g., friends, family, media)
HS.HEA.	2.1.2	Analyse how healthy eating habits and activity levels can support a healthy lifestyle
HS.HEA.	2.1.3	Identify factors that influence healthy sexual decision making
HS.HEA.	2.14	Apply content knowledge in various scenarios to demonstrate application of knowledge

HS.HEA. RES1.1 Develop and conduct a research question

HS.HEA. RES2.1 Select and evaluate resources

HS.HEA. RES2.2 Collect and synthesize information

### Reporting Category 3: Reflection: Making Connections to Healthy Living

#### Standard HS.HEA.3.1 Reflect on content, making a connection with draws from personal experiences as well as prior knowledge

HS.HEA.	3.1.1	Identify the factors that contribute to positive lifestyle choices and relationships with others
HS.HEA.	3.1.2	Relate the characteristics of a healthy lifestyle to maximize personal potential
HS.HEA.	3.1.3	Reflect on personal choices and actions related to health and well-being