

CTE Family Health

PS 1 Explain how personal wellness is negatively affected when a dimension of health is neglected.

PS 2 Demonstrate the ability to use goal setting skills to enhance health.

PS 3 Demonstrate the ability to use decision making skills to enhance health.

PS 4 Identify ways to avoid unintended pregnancy and sexually transmitted diseases.

PS 5 Analyze the consequences of risky behaviors related to sexual health.

PS 6 Identify ways to maintain reproductive health throughout life.

PS 7 Compare and contrast healthy and unhealthy relationships.

PS 8 Demonstrate skills for communicating effectively (oral, written, and various technologies, etc.) to enhance health.

PS 9 Compare and contrast the physical, social, and emotional effects of substance use.

PS 10 Explain the stages of substance use and the short and long term consequences.

PS 11 Evaluate emergency situations and demonstrate first-aid procedures to industry standard.

PS 12 Evaluate emergency situations and demonstrate C.P.R. and A.E.D. procedures to industry standard.

PS 13 Identify types of stress, their causes and analyze how it relates to health.

PS 14 Analyze ways to prevent and cope with stress.

PS 15 Analyze the functions of the major nutrients.

PS 16 Analyze healthy and unhealthy ways to maintain fitness.

PS 17 Develop a meal plan based on individual needs, activity level and dietary guidelines.

PS 18 Demonstrate leadership and employability skills in community and workplace settings.

PS 19 9-10.RST.4 Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 9–10 texts and topics.

PS 20 9-10.RST.7 Translate quantitative or technical information expressed in words in a text into visual form (e.g., a table or chart) and translate information expressed visually or mathematically (e.g., in an equation) into words.

PS 21 9-10.WHST.6 Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology’s capacity to link to other information and to display information flexibly and dynamically.

PS 22 9-10.WHST.8 Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism following a standard format for citation.

