

Connections: Relationships and Marriage

U.S. National Standards Health and PE

GRADES 9, 10, 11, 12

NATIONAL HEALTH EDUCATION STANDARDS	
STANDARD 1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
COMPETENCY	LESSON
1.12.3 Analyze how environment and personal health are interrelated.	1 & 2
STANDARD 2 Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	
COMPETENCY	LESSON
2.12.1 Analyze how the family influences the health of individuals.	1, 2, 9
2.12.2 Analyze how the culture supports and challenges health beliefs, practices and behaviors.	1, 2, 6
2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	1, 2, 4, 6
2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.	1, 2, 4, 6
STANDARD 4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
COMPETENCY	LESSON
4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.	6, 9, 10, 11
4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	6, 9, 11

STANDARD 6 Students will demonstrate the ability to use goal-setting skills to enhance health.	
COMPETENCY	LESSON
6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs and risks.	3
6.12.3 Implement strategies and monitor progress in achieving personal health goals.	3
6.12.4 Formulate an effective long-term personal health plan.	3
NATIONAL STANDARDS FOR PHYSICAL EDUCATION	
STANDARD 2 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.	
COMPETENCY	LESSON
2.2 Develops realistic short-term and long-term personal fitness goals.	3
STANDARD 4 Achieves and maintains a health-enhancing level of physical fitness.	
4.3 Develops a personal fitness profile on the basis of fitness assessment results.	3
4.4 Designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles.	3
4.5 Achieves personal fitness goals after a period of training.	3
4.6 Demonstrates ability to monitor and adjust a personal fitness program to meet needs and goals.	3
4.7 Meets the age- and gender-specific health-related fitness standards defined by Fitnessgram.	3