

Unit 4: Foundations for Success in Health and Wellness



Develop a personal exercise program	Meet the physical fitness standards for the Cadet Challenge	Evaluate how diet impacts life	Analyze how well you meet nutrient guidelines	Relate the NAS dietary guidelines to your personal diet	Estimate your body fat content	Analyze the impact sanitation and hygiene has on health	Assess how stress impacts your life	Assess first aid situations	Demonstrate life-saving skills in an emergency situation	Determine first aid procedures for bleeding victim	Determine first aid treatment for shock, fractures, strains and sprains	Determine first aid treatment for burns	Determine first aid treatment for wounds, bruises and poisoning	Determine first aid treatment for heat related injuries	Determine first aid treatment for cold weather injuries	Determine first aid treatment for bites, stings and poisonous hazards	Assess the impact of drug and substance abuse on life today	Respond to substance use and abuse situations
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External Pennsylvania Standards

Health, Safety and Physical Education				X	X													X	X
Grade 9			X																X
D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use																			X
Grade 12			X	X	X													X	X
C. Analyze factors that impact nutritional choices of adults.			X	X	X														
D. Evaluate issues relating to the use/non-use of drugs.																		X	X
E. Identify and analyze factors that influence the prevention and control of health problems.																		X	X
10.2 Healthful Living			X	X	X		X	X											
Grade 9			X																X
A. Identify and describe health care products and services that impact adolescent health practices.					X														
D. Analyze and apply a decision-making process to adolescent health and safety issues.			X	X			X												
E. Explain the interrelationship between the environment and personal health.								X											
10.3 Safety and Injury Prevention	X								X	X	X	X	X	X	X	X	X		
Grade 9			X																X
A. Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.									X	X	X	X	X	X	X	X	X		
B. Describe and apply strategies for emergency and long-term management of injuries.									X	X	X	X	X	X	X	X	X		
Grade 12			X	X	X													X	X
D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	X																		
10.4 Physical Activity		X																	
Grade 9			X																X
A. Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.			X																
B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health			X																
Grade 12			X	X	X													X	X
A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.			X																
10.5 Concepts, Principles and Strategies of Movement		X																	
Grade 12			X	X	X													X	X