



Moscow School District #281

Mastery Learning Map

9th through 12th Grade Health

<p>1. Competency Statements for Academic Core Concepts</p> <p><i>“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.</i></p>	<p><i>Students will comprehend concepts related to health promotion and disease prevention; analyze the difference of culture, media, technology and other factors on health.</i></p> <ol style="list-style-type: none"> 1. The learner will explain how diet can impact my health. 2. The learner will identify the dangers of unhealthy eating. 3. The learner will distinguish the difference between a lifestyle disease and an infectious disease. 4. The learner will identify treatment options for mental illnesses. 5. The learner will identify the warning signs, risk factors and prevention of heart disease, cancer, diabetes, stroke & obesity. 6. The learner will analyze internal and external influences shaping the view of career options.
<p>National Standards</p>	<p>1.12.5; 1.12.7; 1.12.9; 2.12.1; 2.12.5; 2.12.8</p>

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<p>2. Competency Statements for Personal Health and Behaviors</p> <p><i>“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.</i></p>	<p><i>Students will exhibit responsible personal and social behavior that respects self and others; demonstrate the ability to practice health-enhancing behaviors and reduce health risks using goal-setting and decision-making skills to enhance personal health.</i></p> <ol style="list-style-type: none"> 1. The learner will develop a personal plan for improving nutrition & physical activity. 2. The learner will describe situation in which CPR is needed & appropriate CPR skills 3. The learner will demonstrate effective ways to communicate personal boundaries. 4. The learner will identify how to recognize stress and describe strategies for managing stress. 5. The learner will identify ways adolescents could respond when someone is being bullied or harassed. 6. The learner will apply the proper steps when making a responsible decision. 7. The learner will set SMART goals and understand how to achieve them. 8. The learner will identify leading causes of death for 15-24 year olds and develop strategies to combat these statistics. 9. The learner will identify risks and consequences that go along with being sexually active. 10. The learner will explain the drug addiction process and how the human body is affected by various drugs.
<p>National Standards</p>	<p>4.12.1; 4.12; 7.12.1; 7.12.2; 7.12.3 5.12.2; 5.12.5; 5.12.7; 6.12.2; 6.12.3</p>

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<p>3. Competency Statements for Healthy Communities and Environments</p> <p><i>“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.</i></p>	<p><i>Students will demonstrate the ability to access valid health information and health-promoting products and services; demonstrate the ability to advocate for family, and community health.</i></p>
	<ol style="list-style-type: none"> 1. The learner will analyze fitness test data. 2. The learner will analyze health messages delivered through advertising in the media. 3. The learner will analyze the cost, availability & accessibility of health services for people in the community. 4. The learner will identify potential problems with health care products & services. 5. The learner will identify appropriate procedures for making consumer complaints.
National Standards	3.12.1; 3.12.3; 8.12.2