

Health 8 - All Objectives

- 1. Decision-Making Skills (These objectives can be incorporated into all areas of health throughout the course.)**
 - 1.1 Explain the six steps of the decision-making process. [4.8.1]
 - 1.2 Apply the decision-making process to a health-related issue. [5.8.1, 5.8.2, 5.8.4]
 - 1.3 Describe how peers influence their decisions. [2.8.2]
 - 1.4 Explain the relationship between decisions and goals. [5.8.3, 6.8.1]
 - 1.5 Distinguish between short-term and long-term goals. [5.8.3, 6.8.2]
 - 1.6 Identify various refusal skills. [4.8.1, 4.8.5]
 - 1.7 Apply refusal skills to a significant health issue or problem. [4.8.1, 4.8.2, 4.8.5]
 - 1.8 Critically judge health products advertised in the media. [2.8.5]

- 2. Health Care Services and Wellness (These objectives can be incorporated into all areas of health throughout the course.)**
 - 2.1 Explain the mental, physical, social, and emotional needs necessary to maintain good health. [1.8.1, 2.8.2, 2.8.3]
 - 2.2 Define wellness. [1.8.1, 3.8.1]
 - 2.3 Describe various influences on a person's health and wellness. [1.8.1, 2.8.2, 2.8.3]
 - 2.4 Define body image, self-concept, and self-esteem. [1.8.1, 2.8.2, 2.8.3, 3.8.1, 4.8.1, 7.8.1]
 - 2.5 Develop strategies for improving their body image, self-concept, and self-esteem. [1.8.1, 2.8.2, 2.8.3, 3.8.1, 4.8.1, 4.8.4, 5.8.4, 6.8.1, 8.8.1]
 - 2.6 Describe the need for adequate rest. [1.8.1, 1.8.10, 2.8.2, 5.8.1, 6.8.3, 7.8.1]
 - 2.7 Explain the importance of proper hygiene. [1.8.1, 1.8.10, 2.8.2, 2.8.3]
 - 2.8 Formulate a personal health care plan. [1.8.1, 1.8.10, 2.8.2, 2.8.5, 3.8.2, 5.8.4, 6.8.1, 6.8.2, 7.8.6]
 - 2.9 Explain the need for regular health check-ups. [1.8.1, 1.8.9, 1.8.10, 2.8.4, 3.8.1, 5.8.1, 5.8.2, 8.8.2]
 - 2.10 Identify local agencies devoted to health care. [1.8.11, 2.8.2, 2.8.4, 3.8.1, 6.8.3, 8.8.2]

- 3. Nutrition and Physical Activity**
 - 3.1 Examine how physical activity and diet are essential in maintaining a healthy body. [1.8.4, 2.8.1, 7.8.6]
 - 3.2 Classify foods using the components of MyPlate. [7.8.6]
 - 3.3 Identify the main nutrients essential for good health. [1.8.4, 2.8.1]
 - 3.4 Select food items which are rich in the essential nutrients. [1.8.4, 2.8.1, 5.8.1, 7.8.6]
 - 3.5 Differentiate between foods with adequate nutritional value and those with limited nutritional value. [1.8.4, 2.8.1, 5.8.1, 7.8.6]
 - 3.6 Explain the importance of reading the labels on products they purchase. [1.8.4, 5.8.1, 7.8.1, 8.8.1]
 - 3.7 Describe the benefits of regular exercise. [1.8.4, 7.8.6]
 - 3.8 Compare the effects of being overweight or underweight on a person's overall wellness. [1.8.2, 1.8.4, 7.8.1]
 - 3.9 Describe how metabolism and nutrition can be related to certain diseases. [1.8.4, 1.8.9]

- 4. Mental Health (These objectives can be incorporated into all areas of health throughout the course.)**
 - 4.1 Define stress. [2.8.2, 8.8.1]
 - 4.2 Discuss the effects of stress on the body. [1.8.2, 1.8.3, 1.8.10]
 - 4.3 Discuss ways to cope with stress. [1.8.1, 7.8.1, 8.8.1]
 - 4.4 Identify three eating disorders. [1.8.3, 4.8.4]
 - 4.5 Recognize the four most common factors in youth suicide. [1.8.3, 3.8.1]
 - 4.6 Recognize the warning signs of suicide. [1.8.3, 3.8.1]
 - 4.7 Recognize various resources available for help. [3.8.1, 3.8.2, 8.8.1]

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5. Body Systems

- 5.1 Distinguish among cells, tissues, organs, and systems. [1.8.2]
- 5.2 List the attributes of the sense organs. [1.8.2]
- 5.3 Describe the parts of the nervous system with their functions. [1.8.2]
- 5.4 Describe disorders of the nervous system. [1.8.2]
- 5.5 Explain the structures and functions of the integumentary system. [1.8.2]
- 5.6 Describe the effects of the sun on the integumentary system. [1.8.2, 5.8.2]
- 5.7 Explore the protective factors involved in caring for the integumentary system. [1.8.2, 5.8.2]
- 5.8 Explain the process of breathing. [1.8.2]
- 5.9 Discuss diseases of the respiratory system. [1.8.2]
- 5.10 Describe how the respiratory system interacts with the other body systems. [1.8.2]
- 5.11 Describe the parts of the circulatory system with their functions. [1.8.2]
- 5.12 Identify precautions needed for a healthy circulatory system. [1.8.2]
- 5.13 Discuss disorders related to the circulatory system. [1.8.2, 3.8.1]
- 5.14 Describe the parts of the digestive system. [1.8.2]
- 5.15 Trace the pathway food follows in the body from intake to elimination. [1.8.2]
- 5.16 Discuss disorders related to the digestive system. [1.8.2, 3.8.1]
- 5.17 Explain the functions of the excretory system. [1.8.2]
- 5.18 Identify the major bones in the skeletal system. [1.8.2]
- 5.19 Identify the major muscles of the muscular system. [1.8.2]
- 5.20 Describe the relationship between bones and muscles. [1.8.2]
- 5.21 Distinguish the various glands that make up the endocrine system. [1.8.2]

6. Substance Use and Abuse

- 6.1 Define the term "drug." [1.8.6]
- 6.2 Distinguish among over-the-counter, prescription, and illegal drugs. [1.8.6]
- 6.3 Explain the basic guidelines for proper use of medicine. [1.8.6]
- 6.4 Outline the addiction process. [1.8.2, 1.8.10]
- 6.5 Evaluate the consequences of illegal drug use. [5.8.3]
- 6.6 State reasons to be drug free. [4.8.2, 4.8.3]
- 6.7 Explain the physical, mental, and emotional effects of tobacco on the body. [5.8.3]
- 6.8 Explain the effects of tobacco campaigns on a teen's decision to smoke. [2.8.6, 3.8.1, 7.8.1, 7.8.2]
- 6.9 Identify strategies by which persons can stop tobacco use. [5.8.1, 5.8.3, 7.8.2]
- 6.10 Explain the physical, mental, and emotional effects of alcohol on the body. [1.12.7, 1.12.11, 2.12.6, 5.12.3, 7.12.2]
- 6.11 Discuss reasons why alcohol is frequently used by adolescents. [5.8.3]
- 6.12 Discuss the perils of drinking and driving. [2.8.3, 5.8.3, 6.8.3]
- 6.13 Explain the physical, mental, and emotional effects of marijuana on the body. [5.8.3]
- 6.14 Explain the physical, mental, and emotional effects of methamphetamines on the body. [5.8.3]
- 6.15 Explain the physical, mental, and emotional effects of designer drugs on the body. [5.8.3]
- 6.16 Identify community agencies which assist persons with substance abuse problems. [3.8.1, 3.8.2]

7. Diseases

- 7.1 Differentiate between infectious (communicable) and non-infectious (noncommunicable) diseases. [1.8.1, 1.8.9]
- 7.2 Identify types of disease-causing organisms. [1.8.1, 1.8.9]
- 7.3 Identify ways in which infectious diseases are spread. [1.8.1, 1.8.9]
- 7.4 Identify some of the symptoms of the most common infectious diseases. [1.8.1, 1.8.9]
- 7.5 Describe ways to prevent infectious diseases from spreading to others. [1.8.1, 1.8.9]
- 7.6 Identify some of the symptoms of common non-infectious diseases. [1.8.1, 1.8.9]
- 7.7 Explain the relationship between risk factors and non-infectious diseases. [1.8.1, 1.8.9]
- 7.8 Identify various strategies for preventing non-infectious diseases. [1.8.1, 1.8.9, 2.8.5]
- 7.9 Describe common hereditary diseases. [1.8.1, 1.8.9]
- 7.10 Describe common types of cancer. [1.8.1, 1.8.9]

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8. Unintentional Injuries and Violence

- 8.1 Identify risky behaviors that may cause personal injury. [1.8.8, 4.8.1, 4.8.2, 7.8.4]
- 8.2 Define, bullying, cyber-bullying, sexting, and harassment. [1.8.8, 4.8.1, 4.8.5, 7.8.4]
- 8.3a Analyze the effects of bullying, cyber-bullying, and harassment on an individual. [1.8.8, 4.8.1, 4.8.2, 7.8.4]
- 8.3b Identify ways to protect him/herself from bullying, cyberbullying, and harassment. [1.8.8, 4.8.1, 4.8.5, 7.8.4]
- 8.4 Define domestic violence, sexual assault, and human trafficking. [3.8.1]
- 8.5 Evaluate the impact domestic violence, sexual assault, and human trafficking has on the individual, family, and society. [3.8.1]
- 8.6 Identify ways to protect him/herself from domestic violence, sexual assault, and sex trafficking. [1.8.7, 1.8.8, 4.8.1, 4.8.3, 4.8.5, 7.8.4]
- 8.7 Identify the importance of the first responder. [3.8.1, 7.8.5]
- 8.8 Illustrate proper techniques for treating a variety of injuries. [7.8.5]
- 8.9a Perform psychomotor skills related to Hands-Only Cardiopulmonary Resuscitation (CPR) as outlined in the American Heart Association Guidelines. [7.8.5]
- 8.9b Discuss the purpose of an AED, how it is used, and the safety involved in using the device. [7.8.5]
- 8.10 Illustrate first-aid procedures for temperature-related conditions. [7.8.5]

Health - Sex Education

9. Changes During Adolescence

- *9.1 Recognize physical changes which occur during adolescence. [1.8.1, 1.8.2, 1.8.3, 4.8.4]
- *9.2 Describe mental and emotional changes related to puberty. [1.8.1, 1.8.2, 1.8.3, 4.8.4]
- 9.3 Use correct anatomical terms for the reproductive systems. [1.8.1, 1.8.2, 1.8.3, 4.8.4]
- 9.4 Recognize the structures and functions of the male and female reproductive system. [1.8.2]
- 9.5 Maintain positive and open communication with parents/guardians. [1.8.1, 1.8.2, 1.8.3, 4.8.3, 4.8.4]
- 9.6 Explain the importance of seeking advice from a trusted adult or medical professional when concerned about problems related to the reproductive system. [1.8.1, 1.8.2, 1.8.3, 4.8.3, 4.8.4]

10. Human Development and Pregnancy

- 10.1 Define sexual activity. [1.8.1, 1.8.10]
- 10.2 Identify sources of influence related to sexual activity. [1.8.1, 1.8.10, 2.8.2, 2.8.3, 5.8.1, 7.8.1, 8.8.2]
- 10.3 List physical, emotional, and social consequences of sexual activity. [1.8.2, 1.8.3, 5.8.1, 5.8.2, 7.8.1, 7.8.4, 7.8.5, 8.8.1]
- 10.4 Describe the process of fertilization. [1.8.2, 1.8.3]
- 10.5 List the signs and stages of pregnancy. [1.8.2]
- 10.6 Explain the physical, social, and emotional changes that parents experience during pregnancy. [1.8.2, 1.8.4, 5.8.2]
- 10.7 Discuss the importance of early prenatal care. [1.8.2, 1.8.4, 3.8.1, 3.8.2, 5.8.2, 5.8.3]
- 10.8 Identify various substances that may be harmful to the mother and developing fetus. [1.8.1, 1.8.6, 2.8.6, 5.8.3, 7.8.2, 8.8.1]
- 10.9 Understand the causes of fetal alcohol syndrome. [1.8.2, 1.8.6, 1.8.10, 5.8.3, 7.8.2]
- 10.10 Explain the physical, emotional, and social implications of a teenage pregnancy. [1.8.1, 1.8.2, 1.8.3, 2.8.2, 2.8.3, 3.8.1, 5.8.2, 8.8.1]
- 10.11 Determine the various responsibilities involved in parenting. [1.8.1, 1.8.4, 4.8.2, 4.8.3, 5.8.2, 7.8.1, 8.8.1, 8.8.2]

11. Healthy Relationships

- 11.1 Define healthy peer relationships. [1.8.1, 4.8.3, 4.8.5, 5.8.1, 6.8.3]
- 11.2 Evaluate influences on relationships. [1.8.3, 2.8.2, 7.8.1, 8.8.2]
- 11.3 Compare a healthy versus an unhealthy dating relationship. [4.8.3, 4.8.5, 7.8.1, 8.8.1]
- 11.4 Develop personal limits in order to protect oneself from dangerous situations. [1.8.7]
- 11.5 Understand statutory rape pursuant to Nevada law. [4.8.3, 4.8.5, 7.8.1, 8.8.1]

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- 11.6 Analyze the consequences of violating the age of consent in accordance with Nevada law. [7.8.1]
- 11.7 Apply conflict management techniques. [4.8.1, 4.8.3, 4.8.5, 5.8.1, 6.8.3]
- 11.8 Understand family relationships. [4.8.3, 4.8.5, 7.8.1, 8.8.1]

12. Abstinence and Contraceptive Methods

- 12.1 Define abstinence. [1.8.1, 1.8.2, 1.8.3]
- 12.2 List the physical, emotional, and social benefits of abstinence. [1.8.1, 1.8.2, 1.8.3, 5.8.2]
- 12.3 Practice refusal skills strategies to reinforce the decision to remain abstinent. [1.8.1, 2.8.3, 6.8.2]
- 12.4 Define contraceptives. [1.8.1, 2.8.2, 2.8.5]
- 12.5 Compare the benefits of abstinence to the effectiveness of common contraceptive methods. [1.8.1, 1.8.2, 1.8.3, 2.8.2, 4.8.1, 5.8.2, 7.8.1, 7.8.5]
- 12.6 Discuss the role of abstinence in preventing pregnancy and sexually transmitted infections. [1.8.1, 1.8.2, 1.8.3, 2.8.2, 4.8.1, 5.8.2, 7.8.1, 7.8.5]
- 12.7 Explore the positive and negative implications regarding the use of various contraceptive methods. [1.8.1, 1.8.2, 1.8.3, 2.8.2, 4.8.1, 5.8.2, 7.8.1, 7.8.7]
- 12.8 Discuss resources where contraceptive methods can be obtained. [3.8.1]
- 12.9 Discuss with parent/guardian how to obtain contraceptive methods. [3.8.1, 4.8.1]

13. Sexually Transmitted Infections

- 13.1 Describe how sexually transmitted infections are acquired. [1.8.9, 1.8.10, 2.8.5, 3.8.1, 5.8.2, 7.8.5]
- 13.2 Describe the symptoms of common sexually transmitted infections. [1.8.9, 1.8.10, 2.8.5, 3.8.1, 5.8.2, 7.8.5]
- 13.3 Explain that some sexually transmitted infections are curable and some are incurable. [1.8.9, 1.8.10, 2.8.5, 3.8.1, 5.8.2, 7.8.5]
- 13.4 Define HIV and AIDS. [1.8.9, 1.8.10, 2.8.5, 3.8.1, 5.8.2, 7.8.5]
- 13.5 Recognize that HIV is not transmitted by casual contact. [1.8.1, 1.8.2, 1.8.9, 1.8.10, 5.8.2, 7.8.5]
- 13.6 Describe ways to reduce the risk of sexually transmitted infections and HIV/AIDS. [1.8.9, 1.8.10, 2.8.5, 3.8.1, 5.8.2, 7.8.5]

14. Environmental/Consumer Health

- 14.1 Understand the link between human health and the health of the environment. [1.8.11, 1.8.12, 2.8.2, 2.8.4, 3.8.2, 8.8.2]
- 14.2 Understand how to prevent and/or reduce pollution. [1.8.11, 1.8.12, 2.8.2, 2.8.4, 3.8.2, 8.8.2]
- 14.3 Understand the causes and health consequences of global warming. [1.8.11, 1.8.12, 2.8.2, 2.8.4, 3.8.2, 8.8.2]