

Pennsylvania Health Education Content Standards

(12th Grade Performance Indicators)

Correlations Submitted by InnerLink, Inc.

Abbreviation Key

PB = Project Breathe

PF = Project Fitness

PN = Project Nutrition

PR = Project Recover

PS = Project Safe

MWP = My Wellness Planner, InnerLink's "Personal Health Program" tool (1 per Project)

10.1 Concepts of Health	
Benchmark/Performance Indicator Description	Location(s) Where Taught in Major Tools
<p><i>A. Stages of Growth and Development</i> Evaluate factors that impact growth and development during adulthood and late adulthood.</p>	<p>Take Action! MWP—PB, PF, PN, PR, PS</p> <p>All content of Skills—provides application opportunities and/or additional info to practice evaluating lifestyle choices: Lab Activities, e.g.— PB: Shortness of Breath, Peak Flow Meter PF: all 4 exercise videos PN: BMI Lab, BMR Lab, Food Label Lab PR: all 5, e.g., Self-Talk PS: McKay Video Life Skills, e.g.— PB: Reflections Tutorial, Reflections Activity PF: all 6, e.g., Exercise Challenge PN: all 5, e.g., Energy Balance PR: all 4, e.g., Trauma or Drama? PS: the 5 labeled as challenges, e.g., Fire Challenge & It Takes Time PS—Skills, Chain of Survival All content of Knowledge—provides basic info upon which to analyze, supported by <i>Instructor Lesson Plans</i>: Tutorials—PB, PF, PN, PR, PS Activities, consequences of lifestyle choices & life events, e.g.'s— PB: Life Expectancy Calculator, Addiction Prediction, Virtual Lung Fly-Through PF: Fitness BMI Calculator PN: Energy Balance, Measurement PR: Signs of Stress PS: Disaster Puzzle, Quiz Show</p>
<p><i>B. Interaction of Body Systems</i> Evaluate factors that impact the body systems and apply protective, preventive strategies.</p>	<p>Knowledge, Tutorials—</p> <ul style="list-style-type: none"> • PF: Lifting the Hood • PB: Lung Cancer, Understanding Asthma (See especially, <i>Student Worksheets</i>—The Lungs (Resp. System), The Heart (Circ. System), Protecting the Lungs.) • PN: Overview, Measurement • PR: How Are People Affected? & Physical Changes (affects of event) • PS: It Takes Time <p>Knowledge, Activities—</p> <ul style="list-style-type: none"> • PB: Virtual Lung Fly-Through, Addiction Prediction, Heart Puzzle, Lung Puzzle • PN: Hand-Washing Quiz • PR: Signs of Stress (affects of event) <p>Skills, Lab Activities—</p> <ul style="list-style-type: none"> • PB: Lung Volume with worksheet • PS: Save-a-Life

	<ul style="list-style-type: none"> • PR: all 5 with worksheets, e.g., Grief & Loss (affects of event) <p>Skills, Life Skills—</p> <ul style="list-style-type: none"> • PN: Energy Balance • PR: all 4, e.g., Inventory & Plan with worksheet <p>Applying Protective Preventive Strategies Take Action! MWP—PB, PF, PN, PR, PS</p>
<p><i>C. Nutrition</i> Analyze factors that impact nutritional choices of adults.</p>	<p>PN: Take Action! MWP—pp. 10, 4-5, 12, 14; Lab Activities, e.g.—BMI Lab, BMR Lab, Food Label Lab; Life Skills, e.g.—all 5, e.g., Energy Balance, Eat Your Veggies!; Knowledge, Tutorials—Measurement; Knowledge, Activities—Energy Balance, Measurement, Hand-Washing Quiz PF: Knowledge, Activities—Fitness BMI Calculator</p>

10.1 Concepts of Health, Cont'd.

<p><i>D. Alcohol, Tobacco and Chemical Substances</i> Evaluate issues relating to use, nonuse of drugs.</p>	<p>Focus of Project Breathe, see especially— <i>-Disease, premature death: Skills, Life Activities—</i>e.g., Shortness of Breath; Skills, Life Skills—e.g., Reflections Tutorial, Reflections Activity; Knowledge, Tutorials—all, e.g., Gateway Drug – Alcohol, Lung Cancer, Protecting the Lungs; Knowledge, Activities—e.g., Life Expectancy Calculator, Addiction Prediction, Virtual Lung Fly-Through <i>-Violence, injury: Knowledge, Tutorials—</i>Refusal Skills; Take Action! MWP—p. 13 (applying refusal skills)</p> <p>See Also PS: e.g., Skills, Life Skills—Conflict Challenge; Knowledge, Tutorials—Bullying, Avoiding Conflict; Take Action! MWP—pp. 4, 10-11 PR: Skills, Lab Activities—Managing Stress, Self-Talk</p>
<p><i>E. Health Problems and Disease Prevention</i> Identify and analyze factors that influence the prevention and control of health problems.</p>	<p>Take Action! MWP—PB, PF, PN, PR, PS All content of Skills—provides application opportunities and/or additional info to practice analyzing factors: Lab Activities, e.g.— PB: Shortness of Breath, Peak Flow Meter PF: all 4 exercise videos PN: BMI Lab, BMR Lab, Food Label Lab PR: all 5, e.g., Self-Talk PS: McKay Video Life Skills, e.g.— PB: Reflections Tutorial, Reflections Activity PF: all 6, e.g., Exercise Challenge PN: all 5, e.g., Energy Balance PR: all 4, e.g., Trauma or Drama? PS: the 5 labeled as challenges, e.g., Fire Challenge & It Takes Time PS—Chain of Survival All content of Knowledge—provides basic info upon which to evaluate risks & benefits of personal health practices: Tutorials—PB, PF, PN, PR, PS Activities, e.g.'s— PB: Life Expectancy Calculator, Addiction Prediction, Virtual Lung Fly-Through PF: Fitness BMI Calculator PN: Energy Balance, Measurement PR: Signs of Stress PS: Disaster Puzzle, Quiz Show</p>

10.2 Healthful Living	
Benchmark/Performance Indicator Description	Location(s) Where Taught in Major Tools
<i>A. Health Practices, Products and Services</i> Evaluate health care products and services that impact adult health practices.	PB: Knowledge, Tutorials —Assessing Health Information Accessed from the Internet & Knowledge, Activities —Counter-Smoking Ads
<i>B. Health Information and Consumer Choices</i> Assess factors that impact adult health consumer choices.	PB: Knowledge, Tutorials — Assessing Health Information Accessed from the Internet, Tobacco Advertising & Knowledge, Activities —Counter-Smoking Ads PN: Skills, Lab Activities —Water Taste Test (blind testing); Take Action! Advanced Study —influence of soft drink vending; Knowledge, Activities —Water Math Challenge & Nutrition Math Quiz PS: e.g., Knowledge, Tutorials —Internet Safety, Identity Theft; Take Action! Activities —Online; Skills, Lab Activities —McKay Video (re: Internet Safety)
<i>C. Health Information and the Media</i> Compare and contrast the positive and negative effects of the media on adult personal health and safety.	PB: Knowledge, Tutorials — Assessing Health Information Accessed from the Internet, Tobacco Advertising & Knowledge, Activities —Counter-Smoking Ads
<i>D. Decision-Making Skills</i> Examine and apply a decision-making process to the development of short- and long-term health goals.	Self-Assessment as Base of Decision-Making Take Action! MWP —PB, p. 4; PF, pp. 4-5; PN, pp. 4-5; PR, pp. 4-5; PS, pp. 4-5; see also, PR: Skills, Life Skills —Inventory & Plan Take Action! MWP , e.g., personal goal-setting —PB, pp. 7, 17-19; PF, pp. 7, 23-25; PN, pp. 8, 24-26; PR, pp. 8, 24-28; PS, pp. 7-8, 12-13, 14-20 PR: Skills, Life Skills —Inventory & Plan
<i>E. Health and the Environment</i> Analyze the interrelationship between environmental factors and community health.	Skills, Lab Activities: PS: McKay Video PR: all 5, e.g., Self-Talk (re: affects of natural disaster) Skills, Life Skills: PS: all 8, e.g., Fire Challenge PR: all 4, e.g., Help Me Challenge (re: affects of natural disaster) Take Action! Activities: PS: Assessment, Online, & ICE Take Action! MWP — PB? PF? PN, pp. 6-7; PR, pp. 6-7; PS, pp. 4-5, 8 Knowledge, Tutorials PS: see Preparedness & Response sub-groups

10.3 Safety and Injury Prevention	
Benchmark/Performance Indicator Description	Location(s) Where Taught in Major Tools
<p><i>A. Safe, Unsafe Practices</i> Assess the personal and legal consequences of unsafe practices in the home, school or community.</p>	<p>PS: <i>Take Action! MWP</i>—pp. 4-5, 14-20; <i>Skills, Life Skills</i>—e.g., Fire Drill Challenge; <i>Skills, Lab Activities</i>—Save-a-Life, McKay Video; <i>Take Action! Activities</i>—all 7, e.g., ICE, Train Me; <i>Knowledge, Tutorials</i>—Getting Prepared, ICE, Stay Safe, Hurricanes, Gun Safety, Bullying, Avoiding Conflict, Internet Safety, Evacuate, Shelter in Place, Preventive Lockdown, Family Reunification; <i>Skills</i>—Chain of Survival PF: e.g., <i>Knowledge, Tutorials</i>—Buckle Up for Safety, Test Drive; <i>Skills, Lab Activities</i>—all 4 videos (re: correct techniques); <i>Skills, Life Skills</i>—Save-a-Life Challenge PR: <i>Skills, Life Skills</i>—Inventory & Plan</p>
<p><i>B. Emergency Responses, Injury Management</i> Analyze and apply strategies for the management of injuries.</p>	<p>PS: <i>Skills</i>—Chain of Survival; <i>Skills, Lab Activities</i>—McKay Video, Save-a-Life; <i>Skills, Life Skills</i>—Abduction Challenge, Evacuate Challenge, Fire Challenge, Conflict Challenge, Fire Drill Challenge PB: <i>Skills, Life Skills</i>—all 3 activities, e.g., Life Saving Skills</p>
<p><i>C. Strategies to Avoid, Manage Conflict</i> Analyze the impact of violence on the victim and surrounding community.</p>	<p>PS: <i>Skills, Life Skills</i>—Abduction Challenge, Conflict Challenge; <i>Skills, Lab Activities</i>—McKay Video; <i>Take Action! Activities</i>—Assessment, Online; <i>Knowledge, Tutorials</i>—Bullying, Avoiding Conflict, Stay Safe, Gun Safety, Preventive Lockdown, Internet Safety; <i>Take Action! MWP</i>, e.g., pp. 5, 11, 13 PR: <i>Skills, Lab Activities</i>—Managing Stress, Self-Talk; <i>Skills, Life Skills</i>—Help Me Challenge, Inventory & Plan PB: <i>Knowledge, Tutorials</i>—Refusal Skills Resources, Links facilitates: PR: all links, e.g., Center for Mental Health Services PS: all links, e.g., iSAFE</p>
<p><i>D. Safe Practices in Physical Activity</i> Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p>	<p>Take Action! MWP—PF, PN PF: <i>Skills, Lab Activities</i>—all 4 videos (safe exercise guidelines); <i>Skills, Life Skills</i>—all 6 challenges, e.g., Getting Fit & Healthy Challenge, Injury Challenge; <i>Knowledge, Tutorials</i>—personal responsibility, e.g., Buckle Up for Safety</p>

10.4 Physical Activity	
Benchmark/Performance Indicator Description	Location(s) Where Taught in Major Tools
<p><i>A. Physical Activities That Promote Health and Fitness</i> Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p>	<p>Take Action! MWP—PF, PN PF: Knowledge, Activities—Fitness BMI Calculator PN: Skills, Lab Activities—BMI Lab, BMR Lab (with Knowledge, Tutorials—Measurement); Take Action! Activities—Calorie Control, Physical Activity, Eating Right</p>
<p><i>B. Effects of Regular Participation</i> Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p>	<p>Take Action! MWP—PF, PN PF: Knowledge, Activities—Fitness BMI Calculator PN: Skills, Lab Activities—BMI Lab, BMR Lab (with Knowledge, Tutorials—Measurement); Take Action! Activities—Physical Activity</p>
<p><i>C. Responses of the Body Systems to Physical Activity</i> Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p>	<p>Take Action! MWP—PF, PN PB: Skills, Lab Activities—e.g., Shortness of Breath, Peak Flow Meter; Skills, Life Skills—Reflections Tutorial & Reflections Activity PF: Knowledge, Activities—Fitness BMI Calculator PN: Skills, Lab Activities—BMI Lab, BMR Lab (with Knowledge, Tutorials—Measurement); Take Action! Activities—Physical Activity</p>

10.4 Physical Activity, Cont'd.	
<p><i>D. Physical Activity Preferences</i> Evaluate factors that affect physical activity and exercise preferences of adults.</p>	<p>PF: Knowledge, Tutorials—Test Drive, Keeping the Body Running</p> <p>Take Action! MWP—PF, PN</p>
<p><i>E. Physical Activity and Motor Skill Development</i> Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection of and engagement in lifetime physical activities.</p>	<p>Take Action! MWP—PF, PN</p>
<p><i>F. Physical Activity and Group Interaction</i> Assess and use strategies for enhancing adult group interaction in physical activities.</p>	<p>Take Action! MWP—PF, PN</p> <p>General Inter- & Intrapersonal Skills Development—</p> <p>PS: Skills, Life Skills—Conflict Challenge; Skills, Lab Activities—McKay Video; Take Action! Activities—Assessment, Online; Knowledge, Tutorials—Avoiding Conflict, Stay Safe, Gun Safety, Internet Safety; Take Action! MWP, e.g., pp. 5, 11, 13</p> <p>PR: Skills, Lab Activities—Managing Stress, Self-Talk; Skills, Life Skills—Inventory & Plan PB: Knowledge, Tutorials—Refusal Skills; Take Action! MWP—p. 13 (applying refusal skills)</p>

10.5 Concepts, Principles and Strategies of Movement	
Benchmark/Performance Indicator Description	Location(s) Where Taught in Major Tools
<p><i>E. Movement Skills and Concepts</i> Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p>	<p>PF: Knowledge, Tutorials—Keeping the Body Running Take Action! MWP—PF, PN</p>
<p><i>B. Motor Skill Development</i> Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p>	<p>PF: Knowledge, Tutorials—Keeping the Body Running Take Action! MWP—PF, PN</p>
<p><i>C. Practice Strategies</i> Evaluate the impact of practice strategies on skill development and improvement.</p>	<p>PF: Knowledge, Tutorials—Keeping the Body Running Take Action! MWP—PF, PN</p>

10.5 Concepts, Principles and Strategies of Movement, Cont'd.	
<p><i>D. Principles of Exercise, Training</i> Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p>	<p>Focus of PF, see especially: <i>Take Action! MWP; Knowledge, Tutorials</i>—e.g., Check Engine, Test Drive, Keeping the Body Running</p>
<p><i>E. Scientific Principles That Affect Movement</i> Evaluate movement forms for appropriate application of scientific and biomechanical principles.</p>	<p>Focus of PF, see especially: <i>Knowledge, Tutorials</i>—e.g., Lifting the Hood, Keeping the Body Running</p>
<p><i>F. Game Strategies</i> Analyze the application of game strategies for different categories of physical activities.</p>	