

Goodheart-Willcox Publisher Correlation of <i>Comprehensive Health</i> ©2015 to the Pennsylvania HPE standards		
COMPETENCY	CORRELATING PAGES	
10.1 Concepts of Health <i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
A	Evaluate factors that impact growth and development during adulthood and late adulthood.	
	<ul style="list-style-type: none"> acute and chronic illness 	362 (Figure 12.8), 383-384, 412, 415-420, 425-428, 431-435
	<ul style="list-style-type: none"> communicable and non-communicable disease 	362 (Figure 12.8), 383-384, 412, 415-420, 425-428, 431-435
	<ul style="list-style-type: none"> health status 	46-49, 88, 109-110, 411-412, 424-425, 683-686
	<ul style="list-style-type: none"> relationships (e.g., marriage, divorce, loss) 	682, 691-693, 696 (#24)
	<ul style="list-style-type: none"> career choice 	57, 62 (Hands-On Activity), 682
	<ul style="list-style-type: none"> aging process 	683-686
	<ul style="list-style-type: none"> retirement 	683
B	Evaluate factors that impact the body systems and apply protective/preventive strategies.	
	<ul style="list-style-type: none"> fitness level 	47-48, 62 (#32), 128 (#29), 161-168, 180-183, 194 (Hands-On Activity)
	<ul style="list-style-type: none"> environment (e.g., pollutants, available health care) 	56-59, 62 (Hands-On Activity)
	<ul style="list-style-type: none"> health status (e.g., physical, mental, social) 	9, 46-49, 684-686
<ul style="list-style-type: none"> nutrition 	47-48, 88, 95 (Skills for Health and Wellness), 109-110, 128 (Hands-On Activity)	
C	Analyze factors that impact nutritional choices of adults.	
	<ul style="list-style-type: none"> cost 	89 (Local and Global Health), 117 (Local and Global Health), 118
	<ul style="list-style-type: none"> food preparation (e.g., time, skills) 	95-99, 118
	<ul style="list-style-type: none"> consumer skills (e.g., understanding food labels, evaluating fads) 	84 (Research in Action), 88 (Health in the Media), 91-94, 124, 128 (#32)
	<ul style="list-style-type: none"> nutritional knowledge 	91-94, 118
<ul style="list-style-type: none"> changes in nutritional requirements (e.g., age, physical activity level) 	83 (Figure 3.10), 87 (Figure 3.15), 92 (Health across the Life Span)	
D	Evaluate issues relating to the use/non-use of drugs.	
	<ul style="list-style-type: none"> psychology of addiction 	267-269, 301-302, 338
	<ul style="list-style-type: none"> social impact (e.g., cost, relationships) 	277, 279 (Real World Health), 282 (#23), 336, 346 (Hands-On Activity)
	<ul style="list-style-type: none"> chemical use and fetal development 	264, 297-298
	<ul style="list-style-type: none"> laws relating to alcohol, tobacco and chemical substances 	276, 298-299, 308, 314 (Hands-On Activity), 328, 336, 346 (#30, Hands-On Activity)
	<ul style="list-style-type: none"> impact on the individual 	260-265, 282 (#19, Hands-On Activity), 287-288, 294-299, 314 (#23), 320-323, 327-336, 346 (Hands-On Activity)
<ul style="list-style-type: none"> impact on the community 	264-265, 294-295, 311 (Case Study, Real World Health), 336, 341, 346 (Hands-On Activity)	
E	Identify and analyze factors that influence the prevention and control of health problems.	
	<ul style="list-style-type: none"> research 	107-109, 260, 307, 354 (Local and Global Health), 367
	<ul style="list-style-type: none"> medical advances 	107-109, 274, 319-320, 354 (Local and Global Health)

		Health), 367-368, 403
	<ul style="list-style-type: none"> technology 	121-122, 134-137, 167 (Health in the Media), 173-174, 187, 214, 220 (Health in the Media), 274
	<ul style="list-style-type: none"> government policies/regulations 	81-87, 91-94, 151, 276, 308
10.2 Healthful Living <i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
A	Evaluate health care products and services that impact adult health practices.	14-17, 18-19, 26-31
B	Assess factors that impact adult health consumer choices.	
	<ul style="list-style-type: none"> access to health information 	12 (Research in Action), 14-17, 18-19, 58-59, 89 (Local and Global Health), 401 (Local and Global Health)
	<ul style="list-style-type: none"> access to health care 	12 (Research in Action), 27-31, 41 (Local and Global Health), 59, 89 (Local and Global Health), 118, 401 (Local and Global Health)
	<ul style="list-style-type: none"> cost 	12 (Research in Action), 29-31, 41 (Local and Global Health), 59, 89 (Local and Global Health), 118
	<ul style="list-style-type: none"> safety 	93, 319
C	Compare and contrast the positive and negative effects of the media on adult personal health and safety.	15-19, 48, 84 (Case Study), 122, 134-137, 150-151, 271, 276-277, 277 (Research in Action), 303 (Research in Action), 305, 308, 563, 564 (Research in Action), See Health in the Media Features
D	Examine and apply a decision-making process to the development of short and long-term health goals.	22, 252 (#36), 346 (#29), 438 (#19), 498 (#28), 626 (#22), 658 (#30)
E	Analyze the interrelationship between environmental factors and community health.	
	<ul style="list-style-type: none"> public health policies and laws/health promotion and disease prevention 	27-30, 81-87, 91-94, 151, 308, 364-365, 401-402
	<ul style="list-style-type: none"> individual choices/maintenance of environment 	56-58, 59 (Real World Health), 62 (Hands-On Activity), 150, 303-305, 340
	<ul style="list-style-type: none"> recreational opportunities/ health status 	58-59, 118, 167-168
10.3 Safety and Injury Prevention <i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
A	Assess the personal and legal consequences of unsafe practices in the home, school or community.	
	<ul style="list-style-type: none"> loss of personal freedom 	298, 775
	<ul style="list-style-type: none"> personal injury 	260-264, 295-298, 775, 777-781
	<ul style="list-style-type: none"> loss of income 	298, 782-783
	<ul style="list-style-type: none"> impact on others 	264-265, 294-295, 341, 565-567, 577-578, 775
	<ul style="list-style-type: none"> loss of motor vehicle operator's license 	294, 775-776
B	Analyze and apply strategies for the management of injuries.	
	<ul style="list-style-type: none"> CPR 	789-790
	<ul style="list-style-type: none"> advanced first aid 	785-786, 793-803
C	Analyze the impact of violence on the victim and surrounding community.	565-567, 571-573, 577-578, 581
D	Evaluate the benefits, risks and safety factors associated with self-selected life-long	185-191

	physical activities.	
10.4 Physical Activity		
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
A	Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation	180-183, 194 (#31, 32, 34, Hands-On Activity)
B	Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.	
	• social	164, 167
	• physiological	161-164
	• psychological	163 (Research in Action), 164-165
C	Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.	
	• aging	172-173, 190, 685-686
	• injury	190
	• disease	190-191
D	Evaluate factors that affect physical activity and exercise preferences of adults.	
	• personal challenge	121, 166, 181, 182 (Skills for Health and Wellness)
	• physical benefits	121, 181, 182 (Skills for Health and Wellness)
	• finances	118, 167-168
	• motivation	121, 166, 181, 182 (Skills for Health and Wellness)
	• access to activity	118, 167
	• self-improvement	121, 166, 181, 182 (Skills for Health and Wellness)
E	Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.	162-163, 175-176, 177-180
F	Assess and use strategies for enhancing adult group interaction in physical activities.	
	• shared responsibility	17, 167
	• open communication	167, 532-534
	• goal setting	22, 23 (Skills for Health and Wellness), 167
10.5 Concepts, Principles, and Strategies of Movement		
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
A	Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.	174-180
B	Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.	
	• open and closed skills	170-180
	• short-term and long-term memory	208, 218, 486
	• aspects of good performance	188
C	Evaluate the impact of practice strategies on skill development and improvement.	165-168, 180, 182 (Skills for Health and Wellness)
D	Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.	180-183, 194 (#31, 32, 34, Hands-On Activity)
E	Evaluate movement forms for appropriate application of scientific and biomechanical principles.	



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	<ul style="list-style-type: none">• efficiency of movement	183
	<ul style="list-style-type: none">• mechanical advantage	183
	<ul style="list-style-type: none">• kinetic energy	183
	<ul style="list-style-type: none">• potential energy	183
	<ul style="list-style-type: none">• inertia	183
	<ul style="list-style-type: none">• safety	185-191
F	Analyze the application of game strategies for different categories of physical activities.	
	<ul style="list-style-type: none">• individual	166, 168, 180-183
	<ul style="list-style-type: none">• team	167-168
	<ul style="list-style-type: none">• lifetime	166, 168, 180-183
	<ul style="list-style-type: none">• outdoor	188-189