### 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:

**A**

Evaluate factors that impact growth and development during adulthood and late adulthood.

- acute and chronic illness: 362 (Figure 12.8), 383-384, 412, 415-420, 425-428, 431-435
- communicable and non-communicable disease: 362 (Figure 12.8), 383-384, 412, 415-420, 425-428, 431-435
- relationships (e.g., marriage, divorce, loss): 682, 691-693, 696 (#24)
- career choice: 57, 62 (Hands-On Activity), 682
- aging process: 683-686
- retirement: 683

**B**

Evaluate factors that impact the body systems and apply protective/preventive strategies.

- environment (e.g., pollutants, available health care): 56-59, 62 (Hands-On Activity)
- health status (e.g., physical, mental, social): 9, 46-49, 684-686
- 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.

- cost: 89 (Local and Global Health), 117 (Local and Global Health), 118
- food preparation (e.g., time, skills): 95-99, 118
- consumer skills (e.g., understanding food labels, evaluating fads): 84 (Research in Action), 88 (Health in the Media), 91-94, 124, 128 (#32)
- nutritional knowledge: 91-94, 118
- 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.

- psychology of addiction: 267-269, 301-302, 338
- social impact (e.g., cost, relationships): 277, 279 (Real World Health), 282 (#23), 336, 346 (Hands-On Activity)
- chemical use and fetal development: 264, 297-298
- 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.

- research: 107-109, 260, 307, 354 (Local and Global Health), 367
- medical advances: 107109, 274, 319-320, 354 (Local and Global Health)
### 10.2 Healthful Living

**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:**

**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.
- **access to health information**
  - 12 (Research in Action), 14-17, 18-19, 58-59, 89 (Local and Global Health), 401 (Local and Global Health)
- **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)
- **cost**
  - 12 (Research in Action), 29-31, 41 (Local and Global Health), 59, 89 (Local and Global Health), 118
- **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.
- **public health policies and laws/health promotion and disease prevention**
- **individual choices/maintenance of environment**
  - 56-58, 59 (Real World Health), 62 (Hands-On Activity), 150, 303-305, 340
- **recreational opportunities/health status**
  - 58-59, 118, 167-168

### 10.3 Safety and Injury Prevention

**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:**

**A.** Assess the personal and legal consequences of unsafe practices in the home, school or community.
- **loss of personal freedom**
  - 298, 775
- **personal injury**
  - 260-264, 295-298, 775, 777-781
- **loss of income**
  - 298, 782-783
- **impact on others**
  - 264-265, 294-295, 341, 565-567, 577-578, 775
- **loss of motor vehicle operator’s license**
  - 294, 775-776

**B.** Analyze and apply strategies for the management of injuries.
- **CPR**
  - 789-790
- **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
### 10.4 Physical Activity

*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:*

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<tbody>
<tr>
<td><strong>A</strong></td>
<td>Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation</td>
<td>180-183, 194 (#31, 32, 34, Hands-On Activity)</td>
</tr>
</tbody>
</table>
| **B** | Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.  
- social  
- physiological  
- psychological | 164, 167  
161-164  
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  
- injury  
- disease | 172-173, 190, 685-686  
190  
190-191 |
| **D** | Evaluate factors that affect physical activity and exercise preferences of adults.  
- personal challenge  
- physical benefits  
- finances  
- motivation  
- access to activity  
- self-improvement | 121, 166, 181, 182 (Skills for Health and Wellness)  
121, 181, 182 (Skills for Health and Wellness)  
118, 167-168  
121, 166, 181, 182 (Skills for Health and Wellness)  
118, 167  
121, 166, 181, 182 (Skills for Health and Wellness) |
| **E** | Analyze the relationships 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  
- open communication  
- goal setting | 17, 167  
167, 532-534  
22, 23 (Skills for Health and Wellness), 167 |

### 10.5 Concepts, Principles, and Strategies of Movement

*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:*

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<tr>
<td><strong>A</strong></td>
<td>Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</td>
<td>174-180</td>
</tr>
</tbody>
</table>
| **B** | Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.  
- open and closed skills  
- short-term and long-term memory  
- aspects of good performance | 170-180  
208, 218, 486  
188 |
<p>| <strong>C</strong> | Evaluate the impact of practice strategies on skill development and improvement. | 165-168, 180, 182 (Skills for Health and Wellness) |
| <strong>D</strong> | 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) |
| <strong>E</strong> | Evaluate movement forms for appropriate application of scientific and biomechanical principles. |   |</p>
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<tr>
<td>• efficiency of movement</td>
<td>183</td>
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<td>• mechanical advantage</td>
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<td>• kinetic energy</td>
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<td>• potential energy</td>
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<td>• inertia</td>
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<td>• safety</td>
<td>185-191</td>
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F Analyze the application of game strategies for different categories of physical activities.

- **individual**: 166, 168, 180-183
- **team**: 167-168
- **lifetime**: 166, 168, 180-183
- **outdoor**: 188-189