

COURSE FOCUS [Apply the following for each content standard.]

HTH.1 Identify SDA Christian principles and values in correlation with health.

- HTH.1.1 Recognize God's power as Designer, Creator, Sustainer, and Redeemer.
- HTH.1.2 Acknowledge God as the Author of all health principles and the body as His temple.
- HTH.1.3 Develop stewardship and service attitudes towards health, life, and environment.
- HTH.1.4 Apply Biblical principles of Christian morality, integrity, and ethical behavior to all aspects of life.
- HTH.1.5 Equip students with SDA Christian perspectives on health issues.

COURSE ABILITIES [Apply the following to each content standard.]

HTH.2 Develop abilities in health.

- HTH.2.1 Develop critical and creative thinking skills (analysis, evaluation, divergent questioning, modeling).
- HTH.2.2 Understand and utilize problem solving skills.
- HTH.2.3 Utilize the principles and methodologies of cooperative learning.

HTH.3 Be able to apply health knowledge and skills to a variety of purposes.

- HTH.3.1 Recognize health principles and laws as tools to improve everyday life.
- HTH.3.2 Read, write, and interpret health documents.
- HTH.3.3 Conduct research in the content area.

COURSE CONTENT: Health Literacy, Responsible Behavior, Promotion of Health Practices

HTH.4 Be able to understand principles of health.

- HTH.4.1 Recognize that a positive relationship with God is essential to wellness.
- HTH.4.2 Define and properly use terminology regarding health practices.
- HTH.4.3 Utilize a variety of technological resources to analyze and appraise health information.
- HTH.4.4 Identify and analyze positive and negative consequences of health choices.
- HTH.4.5 Comprehend SDA Christian principles of healthy living (nutrition, exercise, water, sunlight, temperance, air, rest, trust in God, service).

HTH.5 Be able to demonstrate responsible behavior.

- HTH.5.1 Understand proper safety and first aid procedures.
- HTH.5.2 Analyze the influence family, peers, culture, media, technology, and other factors have on health behaviors.
- HTH.5.3 Develop decision-making and goal-setting skills to enhance health.
- HTH.5.4 Demonstrate the ability to practice health-enhancing behaviors and avoid/reduce health risks.
- HTH.5.5 Implement SDA Christian principles in the pursuit of wellness (spiritual, mental, physical, social).

HTH.6 Be able to develop methods for the promotion of health.

- HTH.6.1 Utilize a variety of approaches to promote wellness (writing, speaking, demonstration, etc.).
- HTH.6.2 Demonstrate the ability to advocate for the reduction and avoidance of health risks among peers, family, and community in a global society.

COURSE FOCUS [Apply the following for each content standard.]

- PE.1 Identify SDA Christian principles and values in correlation with physical education.**
- PE.1.1 Understand the importance of the full restoration of God's image in mankind by the balancing of physical, mental, social, and spiritual aspects of life.
 - PE.1.2 Recognize the body as God's temple.
 - PE.1.3 Apply biblical principles of healthy living to lifestyle practices.

COURSE ABILITIES [Apply the following to each content standard.]

- PE.2 Develop abilities in physical education.**
- PE.2.1 Develop a working knowledge of rules, strategies, and techniques.
 - PE.2.2 Utilize social skills (teamwork, sportsmanship, collaboration).
 - PE.2.3 Build respect (self, coaches, teammates, opponents, etc.).
 - PE.2.4 Develop a positive work ethic (practice, perseverance, setting and attaining personal goals).
- PE.3 Be able to apply physical education knowledge and skills.**
- PE.3.1 Demonstrate competency in a variety of physical activities.
 - PE.3.2 Display positive sportsmanship in competition.
 - PE.3.3 Identify the impact that physical education has on self-image and learning.
 - PE.3.4 Exhibit personal improvement and understanding (skills tests, written exams, self-assessments, etc).

COURSE CONTENT: Cognitive Abilities, Movement Competency, Lifetime Fitness, SDA Christian Values and Behavior

- PE.4 Be able to use cognitive abilities in a variety of physical activities.**
- PE.4.1 Understand and apply rules and strategies.
 - PE.4.2 Comprehend effective movement concepts and biomechanical principles.
 - PE.4.3 Identify and apply effective safety practices and procedures.
- PE.5 Be able to apply movement competency in various physical activities.**
- PE.5.1 Develop proper motor skills and movement patterns to perform a variety of physical activities.
 - PE.5.2 Utilize effective practice methods to improve performance.
 - PE.5.3 Demonstrate competency in many movement forms and proficiency in some.
- PE.6 Be able to understand the importance and benefits of lifetime fitness.**
- PE.6.1 Utilize various tools, technologies, and methods to assess and track personal fitness levels.
 - PE.6.2 Develop and implement a personal fitness program.
 - PE.6.3 Acknowledge the values of physical activity (enjoyment, social interaction, self-expression, etc.).
 - PE.6.4 Improve personal health through regular physical activity.
- PE.7 Be able to develop perspective and put into practice SDA Christian values and behaviors in physical activities.**
- PE.7.1 Understand the relationship between physical fitness and communication with God.
 - PE.7.2 Exhibit responsible personal and social behavior that respects others and self and maintains balance in all aspects of life.
 - PE.7.3 Demonstrate understanding and respect for differences among individuals.
 - PE.7.4 Represent Christ, school, and self in a positive manner.