

Health End-of-Course Exam Proficient Performance Level Descriptors

A student who is **Proficient** in Health **consistently** applies and identifies a majority of health concepts as they apply to self, family, friends, school, and community relating to social, emotional, intellectual, spiritual, cultural, physical, and environmental health and well-being. The Proficient student:

- differentiates between healthy and unhealthy relationships in various settings regarding family, peers, school, and community
- assesses and formulates individual wellness program including fitness and nutrition (the F.I.T.T. model)
- identifies body systems, organs, and their functions
 - Cardiovascular
 - Digestive
 - Respiratory
 - Reproductive
- recognizes risk-taking behaviors and their consequences—both positive and negative
- differentiates health risks associated with alcohol, tobacco, and illicit drugs
- demonstrates effective communication skills
- applies concepts of brain development and conflict resolution and applies decision-making skills
- recognizes male and female reproductive anatomy and their functions
- identifies causes and effects of sexual behavior and effect of STD's/STI's
- distinguishes between infectious and non-infectious diseases; understands their causes, transmissions, and preventions
- calculates and records BMI, heart rate, and blood pressure
- analyzes health information and resources
- identifies appropriate resources to obtain health information and resources
- identifies mental health illnesses
 - Genetic
 - Environmental
- identifies patterns of addictive behaviors
- develops realistic short- and long-term goals for overall health and wellness
- identifies coping skills for major life events
- investigates belief systems and culture as they relate to self, family, and community

Health End-of-Course Exam Borderline Proficient Performance Level Descriptors

A student who is **Borderline Proficient** in Health identifies a majority of health concepts as they apply to self, family, friends, school, and community relating to social, emotional, intellectual, spiritual, cultural, physical, and environmental health and well-being. The Borderline Proficient student:

- differentiates between healthy and unhealthy relationships in various settings regarding family, peers, school, and community
- formulates individual wellness program including fitness and nutrition using the F.I.T.T. model
- identifies at least three body systems, organs, and their functions
- recognizes risk-taking behaviors and their consequences—both positive and negative
- differentiates health risks associated with alcohol, tobacco, and illicit drugs
- recognizes effective communication skills
- identifies health risks associated with alcohol, tobacco, and illicit drugs
- practices conflict resolution and decision making
 - Understands some concepts of brain development
- recognizes male and female reproductive anatomy and their functions
- identifies cause and effect of sexual behaviors of STD's/STI's
- distinguishes between infectious, non-infectious diseases; understands their causes, transmissions, and preventions
- calculates and records BMI, heart rate, and blood pressure
- researches health information and resources
- identifies appropriate resources to obtain health information and resources
- identifies mental health illnesses
 - Genetic
 - Environmental
- identifies patterns of addictive behaviors
- develops realistic short- and long-term goals for overall health and wellness
- identifies skills necessary to cope with major life events
- investigates belief systems and culture as they relate to self, family, and community