

Cúdate: Intermediate

Standards and Performance Indicators

Health Skills and Subskills

| Section | Addressed | Assessed | Section | Addressed | Assessed |
|-----------------|--|---|-----------------|---|----------|
| Module 1 | <p>Standard 1—Personal Health and Fitness</p> <ul style="list-style-type: none"> Integrate knowledge of basic body systems with an understanding of the changes that accompany puberty Apply prevention and risk reduction strategies to adolescent health problems Demonstrate the necessary knowledge and skills to promote healthy adolescent development <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> Recognize how cultural beliefs influence health behaviors and the use of health services | <p>Standard 1—Personal Health and Fitness</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy adolescent development <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> Recognize how cultural beliefs influence health behaviors and the use of health services | Module 1 | <p>Planning and Goal Setting</p> <ul style="list-style-type: none"> Analyzes possible barriers to achieving the personal health goal | |
| Module 2 | <p>Standard 1—Personal Health and Fitness</p> <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems Demonstrate the necessary knowledge and skills to promote healthy adolescent development <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> Demonstrate the ability to access community health services for prevention, illness, and emergency care | <p>Standard 1—Personal Health & Fitness</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy adolescent development | Module 2 | | |
| Module 3 | <p>Standard 1—Personal Health and Fitness</p> <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems Demonstrate the necessary knowledge and skills to promote healthy adolescent development | <p>Standard 1—Personal Health & Fitness</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy adolescent development <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> Recognize how cultural beliefs influence health behaviors and the use of health services | Module 3 | <p>Communication</p> <p>CM.I.4 Discusses how family and peer attitudes, beliefs and actions affect interpersonal communication</p> <p>CM.I.5 Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers</p> | |

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|-----------------|--|--|-----------------|---|---|
| Module 4 | Standard 1 - Personal Health and Safety <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems Analyze the multiple influences which affect health decisions and behaviors | Standard 1 - Personal Health and Safety <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems Demonstrate the necessary knowledge the skills to promote healthy adolescent development | Module 4 | Communication CM.I.4 Discusses how family and peer attitudes, beliefs and actions affect interpersonal communication CM.I.5 Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers Decision Making DM.I.2 Recognizes personal capabilities and limitations as they relate to possible healthy solutions | Communication CM.I.4 Discusses how family and peer attitudes, beliefs and actions affect interpersonal communication CM.I.5 Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers Decision Making DM.I.1 Identifies personal health decisions and sorts related internal and external influences |
| Lesson 5 | | Standard 1 - Personal Health and Safety <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems Demonstrate the necessary knowledge the skills to promote healthy adolescent development Analyze the multiple influences which affect health decisions and behaviors | Module 5 | | |
| Lesson 6 | Standard 2—A Safe and Healthy Environment <ul style="list-style-type: none"> Demonstrate personal and social skills which enhance personal health and safety | | Module 6 | | Communication CM.I.1 Refines the ability to actively listen, follow directions, and respond to others in health-enhancing ways CM.I.2 Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health CM.I.3 Demonstrates healthy ways to express needs, wants, and feelings |
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| Module 1 | <p>Standard 1—Personal Health and Safety</p> <ul style="list-style-type: none"> • Demonstrate the necessary knowledge and skills to promote healthy development into adulthood • Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> • Analyze how cultural beliefs influence health behaviors and the use of health products and services | <p>Standard 1—Personal Health and Safety</p> <ul style="list-style-type: none"> • Demonstrate the ability to access community health services for self and others <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> • Analyze how cultural beliefs influence health behaviors and the use of health products and services | Module 1 | | |
| Module 2 | <p>Standard 1—Personal Health and Safety</p> <ul style="list-style-type: none"> • Demonstrate the necessary knowledge and skills to promote healthy development into adulthood • Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> • Demonstrate the ability to access community health services for prevention, illness, and emergency care | <p>Standard 1—Personal Health and Safety</p> <ul style="list-style-type: none"> • Demonstrate the necessary knowledge and skills to promote healthy development into adulthood | Module 2 | | |
| Module 3 | <p>Standard 1—Personal Health and Safety</p> <ul style="list-style-type: none"> • Demonstrate the necessary knowledge and skills to promote healthy development into adulthood • Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood | <p>Standard 1—Personal Health and Safety</p> <ul style="list-style-type: none"> • Demonstrate the necessary knowledge and skills to promote healthy development into adulthood <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> • Analyze how cultural beliefs influence health behaviors and the use of health products and services | Module 3 | <p>Communication</p> <p>CM.I.4 Analyzes how interpersonal communication affects and is affected by relationships</p> | |

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| Module 4 | <p>Standard 1—Personal Health and Safety</p> <ul style="list-style-type: none"> Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood Evaluate how the multiple influences which affect health decisions and behaviors can be altered | <p>Standard 1—Personal Health and Safety</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy development into adulthood Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> Analyze how cultural beliefs influence health behaviors and the use of health products and services | Module 4 | | |
| Module 5 | | <p>Standard 1—Personal Health and Safety</p> <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy development into adulthood Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood Evaluate how the multiple influences which affect health decisions and behaviors can be altered <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> Demonstrate how to evaluate health information, products, and services for validity and reliability | Module 5 | | |
| Module 6 | | <p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> Recognize hazardous conditions in the home, school, work place, and community and propose solutions to eliminate or reduce them | Module 6 | | |