

***HealthSmart*  
Alignment  
with Nevada  
Academic  
Content  
Standards  
(NVACS)  
for Health**



**High School  
Grades 9–12**

## HealthSmart High School Unit Key

**ABST** = Abstinence, Personal & Sexual Health

**EMH** = Emotional & Mental Health

**HIV** = HIV, STI & Pregnancy Prevention

**NPA** = Nutrition & Physical Activity

**TAOD** = Tobacco, Alcohol & Other Drug Prevention

**VIP** = Violence & Injury Prevention

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
<b>Content Standard 1: Core Concepts</b>						
<b>Personal, Community, and Environmental Health</b>						
1.PCE.HS.1 Evaluate the impact of a variety of healthy practices and behaviors to maintain or improve personal, community, and environmental health.	<b>1, 2, 3, 4, 5, 7, 8, 9, 10, 13</b>	<b>2, 3, 5, 6, 8, 9, 10, 11, 12</b>	<b>1, 2, 5, 6, 7, 8, 9, 10, 14</b>	<b>1, 2, 3, 4, 5, 6, 7, 8, 13, 14, 15, 16</b>	<b>1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 16</b>	<b>2, 3</b>
1.PCE.HS.2 Evaluate the impact of communicable and noncommunicable diseases.	<b>2, 3</b>					
1.PCE.HS.3 Analyze the importance of accepting the similarities and differences of self and others as it relates to personal, community, and environmental health.		<b>13</b>	<b>2</b>			
1.PCE.HS.4 Evaluate how an individual's family structure impacts other families and the community.	Covered in lower grade levels					
1.PCE.HS.5 Evaluate the impact genetics, family history, health behaviors, and stress have on individual health.	<b>1, 2, 3, 5</b>	<b>4</b>				
1.PCE.HS.6a Explain how to register as an organ and tissue donor.	Not covered					
1.PCE.HS.6b Summarize individual and societal benefits of organ and tissue donation.	Not covered					
1.PCE.HS.6c Analyze factual information about organ tissue and donation.	Not covered					
<b>Mental and Emotional Health</b>						
1.ME.HS.1 Investigate the relationship between mental health and physical health.		<b>1, 2</b>				
1.ME.HS.2 Analyze ways to decrease the risk of self-injurious or suicidal behaviors.		<b>16, 17</b>				<b>16</b>
<b>Nutrition and Physical Activity</b>						
1.NP.HS.1 Investigate how personal healthy eating patterns, in accordance to the current federal Dietary Guidelines for Americans, lead to health promotion and disease prevention.				<b>2</b>		
1.NP.HS.2 Analyze the mental, social and physical benefits of daily moderate to vigorous physical activity.				<b>7</b>		

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
<b>Nutrition and Physical Activity</b> (continued)						
1.NP.HS.3 Evaluate the importance of annual physical health examinations and responding appropriately to unusual aches and pains.	4					
<b>Substance Use and Abuse</b>						
1.SUA.HS.1 Analyze the effects of long-term use and abuse of over-the-counter and prescription medications.					3, 4	
1.SUA.HS.2 Analyze the effects of long-term use and abuse of alcohol, tobacco, marijuana, and other drugs as they relate to health and disease prevention.					1, 2, 5, 7, 8	
<b>Safety Practices, Injury Prevention and CPR/AED</b>						
1.SIC.HS.1 Critique how health risk behaviors influence safety and injury prevention practices.						1, 5
1.SIC.HS.2a Perform the psychomotor skills required for the administration of hands-only cardiopulmonary resuscitation (CPR) according to the guidelines of the American Heart Association.	HealthSmart does not cover hands-on first-aid skills					
1.SIC.HS.2b Explain the purpose, operation and safe use of an automated external defibrillator (AED).	Not covered					
<b>Personal Safety</b>						
1.PS.HS.1 Develop personal boundaries and clear limits for self and recognize the importance of not violating the personal boundaries of others.	13, 15		3, 4			
1.PS.HS.2 Analyze the impact related to various abusive and coercive behaviors including mental, physical, social, economic, and legal consequences.						10, 11, 12, 13, 14, 15, 17, 18
1.PS.HS.3 Diagram the reporting process and include where, when, and whom to report unsafe situations.						11, 12, 13, 14, 15, 17, 18
1.PS.HS.5 Discuss laws regarding human trafficking.						17
1.PS.HS.6 Evaluate the potentially positive and negative roles of technology and social media in relationships.		11				10

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
<b>Human Reproductive System, HIV/AIDS, Related Communicable Diseases, &amp; Sexual Responsibility</b>						
1.HRS.HS.1 Analyze the role hormones play within the structures and functions of the human reproductive systems.	<b>8</b>					
1.HRS.HS.2 Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood.	Covered more specifically in the puberty lessons at Middle School					
1.HRS.HS.3 Analyze the scientific process of human reproduction.	<b>8</b>					
1.HRS.HS.4a Explain the impact a pregnancy has on the body.	Not covered					
1.HRS.HS.4b Compare and contrast the advantages and disadvantages of various methods of contraception, including abstinence and condoms.			<b>5</b>			
1.HRS.HS.4c Examine prenatal practices that can contribute to or compromise a healthy pregnancy.			Supplemental Lesson			
1.HRS.HS.4d Compare and contrast the laws relating to pregnancy, abortion, adoption, and parenting.			Supplemental Lesson [specific NV state laws will need to be added]			
1.HRS.HS.5a Describe signs and symptoms, treatments, and modes of transmission of related communicable diseases (STDs/STIs), including HIV/AIDS.			<b>6, 7</b>			
1.HRS.HS.5b Describe current preventative approaches, including, but not limited to, HPV vaccinations to combat HIV/AIDS and related communicable diseases (STDs/STIs).	<b>9</b> [HPV vaccine]		<b>6, 7, 9, 10, 11</b>			
1.HRS.HS.5c Describe the laws related to sexual health care services, including related communicable diseases (STD/STIs) and HIV/AIDS testing and treatment.	Information on specific state laws can be added to <b>ABST – 9, HIV – 10</b> , or other lessons.					
1.HRS.HS.5d Evaluate the effectiveness of abstinence, condoms and other safer sex methods in preventing the spread of related communicable diseases (STDs/STIs), including HIV/AIDS.			<b>9, 12</b>			
1.HRS.HS. 6 Describe characteristics of healthy and unhealthy romantic and/or sexual relationships.		<b>8</b>				<b>15</b>
1.HRS.HS. 7a Analyze factors that can affect the ability to give or recognize consent to sexual activity.			<b>4</b>			
1.HRS.HS. 7b Analyze laws relating to the sexual conduct of minors, including consent, and criminal sexual conduct.	Specifics around state laws can be added to <b>ABST – 10 and VIP – 17 or 18</b>					

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<b>Content Standard 2: Analyze Influences</b>							
2.AF.HS.1	Analyze how the perceptions of current social expectations influence healthy and unhealthy behaviors.	11, 12	8, 11, 15	8	12, 13	9, 11, 12	9, 12, 13
<b>Content Standard 3: Access Information</b>							
3.AI.HS.1	Evaluate the validity of health information, products and services.	5	17	10	9		17
<b>Content Standard 4: Interpersonal Communication</b>							
4.IC.HS.1	Utilize skills for communicating effectively with family, peers, and others to enhance health.		6, 7, 9, 10, 17				
4.IC.HS.2	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.	15, 16		12, 13		14, 15	19
<b>Content Standard 5: Decision Making</b>							
5.DM.HS.1	Compare the potential short-term and long-term impact of healthy and unhealthy decisions on self and others.	14				13	5
5.DM.HS.2	Evaluate the effectiveness of health-related decisions.	14				13	5
5.DM.HS.3	Defend the healthy choice when making a decision.	14				13	5
<b>Content Standard 6: Goal Setting</b>							
6.GS.HS.1	Implement strategies and monitor progress in achieving a health goal.	6	14		10, 11		
6.GS.HS.2	Formulate an effective long-term health plan.			14			
<b>Content Standard 7: Self-Management</b>							
7.SM.HS.1	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.	2	3, 7, 8, 13		4, 5, 11, 13		
7.SM.HS.2	Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.	2	5, 9, 12, 13	11	16		3, 4, 6
7.SM.HS.3	Analyze the role of individual responsibility in enhancing health.	9, 13	2, 6, 12	3, 4, 9, 14		1, 11	1, 5, 11, 14, 15
<b>Content Standard 8: Advocacy</b>							
8.AV.HS.1	Demonstrate advocacy for improving personal, family, and community health.		11	2, 15	8	5, 16	7, 11