

American Christian Academy Health Standards 2025

Content Standards

- 1) Summarize the interrelationship of emotional, social, and physical health.
- 2) Explain how emotional, intellectual, physical, spiritual, mental, and social health affect each other.
- 3) Analyze how the environment, family history, personal behaviors, and health care can affect individual healthful living.
- 4) Describe benefits of practicing healthy behaviors.
- 5) Determine barriers to practicing healthy behaviors.
- 6) Create a plan for eliminating personal unhealthy behaviors.
- 7) Examine how personal health and wellness are affected positively or negatively by an individual's surroundings.
- 8) Predict the consequences of engaging in unhealthy behaviors.
- 9) Analyze the relationship between engaging in regular physical activity and healthy eating as ways to improve personal health.
- 10) Research family medical history and how it impacts personal health now and in the future.
- 11) Analyze family history to determine the effects of health conditions that may be chronic or acute diseases.
- 12) Describe the influence of culture on health beliefs, practices, and behaviors.
- 13) Explain how communities can affect personal health practices and behaviors.
- 14) Describe how the media can send mixed messages about health.
- 15) Explain how school and public health policies can influence health promotion and disease prevention.
- 16) Identify how bad health choices result in poor personal health.
- 17) Analyze the validity of health claims made concerning health products and services.
- 18) Demonstrate effective communication when confronted with mental or emotional problems in others.
- 19) Predict the impact on self and others when making a health-related decision.
- 20) Analyze healthy alternatives over unhealthy alternatives when making decisions.
- 21) Assess current personal health practices and set a goal to adopt, maintain, or improve one or more health practices.
- 22) State the importance of assuming responsibility for personal health behaviors and avoiding risky behaviors.
- 23) Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- 24) Demonstrate ways to influence and support others in making positive health choices.
- 25) Describe which advertising appeals are being used in various advertisements.

Biblical Standards

- 1) Identify ways we can care for our bodies and the environment as a way to honor God, who created both.
- 2) Analyze how making healthy choices helps us serve others like Jesus did, with strength and love.
- 3) Describe how we can respect cultural practices while staying true to God's Word and His truth.