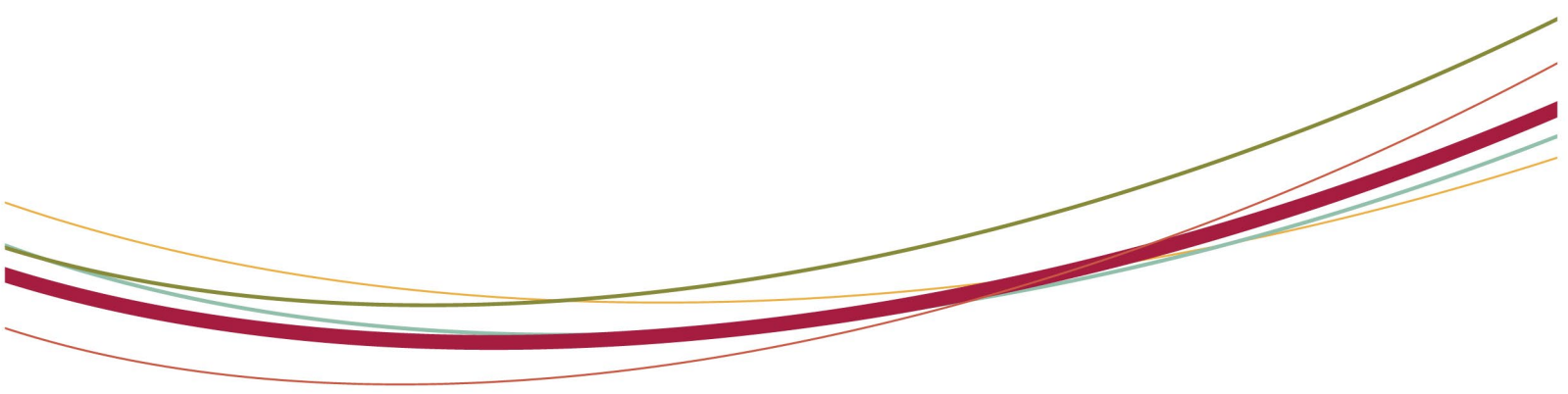


Healthy Hearts and Minds

7th Grade Colorado Academic Standards

Comprehensive Health and Physical Education



uchealth

Healthy Hearts and Minds aligns with the Colorado Academic Standards for Comprehensive Health and Physical Education

Comprehensive Health - Physical and Personal Wellness Standard 2

1. Analyze factors that influence healthy eating behaviors.

Prepared Graduates: Apply knowledge and skills to engage in lifelong healthy eating.

Healthy Hearts and Minds presentation, booklet and screening addresses:

- Family, peers, cultural influences, advertisements etc. on making healthy choices
- Positive peer pressure
 - Food choices, not smoking, joining sports and school programs etc.
- Consuming five servings of fruits and vegetables everyday
 - Emphasis on eating a balanced meal
- Positive impact on maintaining heart healthy numbers
- Saturated vs. unsaturated fats
- Cholesterol
 - Benefits of HDL (good) vs. LDL (bad)
 - Examples of where these different types of cholesterol come from
 - Affect of Cholesterol on the body
- Analyzing food labels activity
- Emphasizes awareness of serving sizes and ingredients
- Sugar hiding in foods
- Becoming a mindful eater – being aware of their own habits
- Exploring the importance of making healthy choices at a young age to promote a healthy lifestyle into adulthood
- Example: Making a habit of reading food labels will help them eat healthier throughout their lives

Comprehensive Health – Social and Emotional Wellness Standard 3

2. Develop healthy self-management skills to prevent and manage stress.

Prepared Graduates: Utilize knowledge and skills to enhance mental, emotional, and social well-being.

Healthy Hearts and Minds presentation, booklet and screening addresses:

- The correlation between poorly managed stress and increased blood pressure
- Their own physical and emotional responses to stress
- Stress is normal – not always bad unless overwhelming
 - Identify positive vs negative stress
- Provide ideas on ways to manage stress in a heart healthy way
 - Student identifies ways he/she will manage anxiety/stress
 - Practice breathing techniques
- The opportunity to participate in drawing and coloring
- Engage in active listening opportunities
- Identifying a trusted adult and crisis support when needed
 - Advocate for self and state personal needs
- Emphasis on mental well-being in relation to stress
 - Physical activity leads to improved self-confidence
 - Social well-being and peer pressure
 - Positive peer pressure – Own your choices for positive change

Comprehensive Health – Prevention and Risk Management Standard 4

- 1. Analyze the consequences of using marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.**

Prepared Graduates: Apply knowledge and skills to make health-enhancing decisions regarding the use of marijuana, illegal drugs, alcohol, and tobacco.

Healthy Hearts and Minds presentation, booklet and screening addresses:

- Changes to the developing brain
 - Marijuana and smoking/vaping
- Dangers of e-cigarettes/vaping
 - Increased blood pressure
 - Heavy metals, chemicals, flavorings, etc.
 - Nicotine = addictive
 - Mental health
- Tar build-up from cigarettes
- Analysis of targeted tobacco/vaping industry advertisements
- Costs of regular tobacco/vaping use
- Tobacco use increases the risk of a heart attack and stroke, lowers HDL
- Influence of choices – ads, family, peer pressure (+/-), social media, online

Physical Education – Physical and Personal Wellness Standard 2

- 1. Understand and apply principles of physical fitness to create a personal fitness plan and set personal fitness goals**

Prepared Graduates: Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Healthy Hearts and Minds presentation, booklet and screening addresses:

- Achieving 60 minutes a day of physical activity – can be in shorter increments of 10 minutes at a time
- Positive effects on blood pressure, stress, cholesterol levels and self confidence
- Inactivity and a sedentary lifestyle leading to a negative outcome
- Movement activity
- Create a fitness plan for how to achieve 60 minutes of exercise
- Self-select fitness activities based on how the student is feeling that day

- 2. Demonstrates fitness knowledge and skills that maintain a health-enhancing lifestyles, while actively engaging in the participation of lifetime physical activities.**

Prepared Graduates: Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Healthy Hearts and Minds presentation, booklet and screening addresses:

- *Promoting a healthy lifestyle through goalsetting activities to avoid:*
 - Heart disease
 - Stroke
 - Hypertension
 - Atherosclerosis
 - High cholesterol
- *Identify barriers as to why it is difficult to exercise; brainstorm solutions*
- *Encourage students to get their cholesterol numbers checked at our free screening*
- *Become aware of genetic influences through family communication*
- *Brainstorm a variety of lifetime activities that students can participate in*

Prepared Graduate Competencies in Science

2. Standards in Life Science

Students know and understand the characteristics and structure of living things, the processes of life, and how living things interact with each other and their environment.

Healthy Hearts and Minds presentation, booklet and screening addresses:

- Human body:
 - General heart anatomy, blood flow, cholesterol, plaque, heart disease, exercise, healthy eating, smoke/tobacco effects, blood pressure, stress and genetics
- Live a healthy lifestyle because plaque build-up can start very young -Atherosclerosis
- The body needs healthy food and exercise to stay focused and energized
- Genetics:
 - Learn about family health history
 - Obtain their own numbers to lower risk of heart disease