

Illinois Learning Standards – Illinois State Board of Education

Physical Development & Health Performance Descriptors

23A – Describe and explain the structure and functions of the human body systems and how they interrelate.

Stage I

- Describe the effects of nutrition, stress, substances and disease on the body's systems.
- Recognize personal health behaviors and choices that help or hinder the functioning of the body's systems.

Stage J

- Predict the impact that a person's health behaviors and/or choices may have on the body's systems.

23B – Explain the effects of health-related actions on the body systems

Stage H

- Analyze the effects of drug use, misuse and abuse on health status.
- List choices that have a negative influence on health.
- Describe the long-term effects of tobacco, alcohol, and drug abuse on the body's system.

Stage I

- Analyze the effects of drug use on vehicle operation.
- List choices that have a negative influence on health.

24B – Apply decision-making skills related to the promotion and protection of individual, family and community health.

Stage J

- Give examples of how community actions affect health (e.g., laws pertaining to seat belts, helmets, non-smoking areas).
- Identify community actions that may impact your health.
- Explain the immediate and long-term impacts of individual decisions concerning health issues.

24C – Demonstrate skills essential to enhancing health and avoiding dangerous situations

Stage I

- Identify personal health goals (i.e., avoiding substances, dating limits, nutrition and fitness).