

Demonstrate Knowledge of Behaviors that Promote Wellness

Exceeds Standard - The student understands the interrelationships of behaviors that promote wellness and understands and can discuss the implications of high-risk behaviors for the individual and for society as a whole.

Meets Standards - The student can identify a variety of behaviors that decrease risk or increase the opportunity for personal well being in the areas of physical, mental, nutritional, and social wellness. (S)he can explain how these behaviors decrease risk or increase the opportunity for personal well-being.