

Multimedia Extensions, My Roadmap to the Future, My Success Roadmap

Grades: 7, 8, 9, 10, 11, 12

States: Alabama Courses of Study

Subjects: Health and PE, Library / Technology, Science, Social Studies

Alabama Courses of Study

Health and PE

Grade 7 - Adopted 2009

STRAND / DOMAIN	AL.H.7.	Health Education
OBJECTIVE / CATEGORY		Consumer and Community Health - Students will:
STANDARD	H.7.2.	<p>Explain cultural influences on health behaviors including social norms; family traditions, and stereotypes.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / DOMAIN	AL.H.7.	Health Education
OBJECTIVE / CATEGORY		Mental and Emotional Health - Students will:
STANDARD	H.7.7.	<p>Demonstrate decision-making skills as they relate to situations involving health risks.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / DOMAIN	AL.P.7.	Physical Education
OBJECTIVE / CATEGORY		Social Development - Students will:

STANDARD	P.7.11.	Apply methods for communicating with confrontational opponents. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / DOMAIN	AL.P.7.	Physical Education
OBJECTIVE / CATEGORY		Physical Activity and Health - Students will:
STANDARD	P.7.14.	Explain correlations among nutrition, exercise, and rest in the development of a healthy lifestyle. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being

Alabama Courses of Study

Health and PE

Grade 8 - Adopted 2009

STRAND / DOMAIN	AL.H.8.	Health Education
OBJECTIVE / CATEGORY		Family Health - Students will:
STANDARD	H.8.4.	Recognize cultural influences that impact health behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
STRAND / DOMAIN	AL.H.8.	Health Education
OBJECTIVE / CATEGORY		Mental and Emotional Health - Students will:
STANDARD	H.8.7.	Identify barriers to communication regarding health-related issues. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections

		<p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STANDARD	H.8.8.	<p>Identify strategies for controlling impulsive behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STRAND / DOMAIN	AL.H.8.	Health Education
OBJECTIVE / CATEGORY		Nutrition - Students will:
STANDARD	H.8.11.	<p>Explain benefits, limitations, and misuse of dietary supplements.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / DOMAIN	AL.P.8.	Physical Education
OBJECTIVE / CATEGORY		Physical Activity and Health - Students will:
STANDARD	P.8.13.	<p>Explain long-term physiological and psychological benefits resulting from regular participation in physical activity.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STANDARD	P.8.14.	<p>Identify the role of exercise in stress reduction.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STANDARD	P.8.16.	<p>Design a personalized fitness plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

Alabama Courses of Study

Social Studies

Grade 7 - Adopted 2004

STRAND / DOMAIN	AL.1.	Citizenship: Students in the seventh grade can be characterized as inquisitive, enthusiastic, and impressionable learners. The goal of education in civics and government is informed, responsible participation in political life by competent citizens committed to the fundamental values and principles of the constitutional democracy, which established the republic of the United States of America.
OBJECTIVE / CATEGORY	1.5.	History/Political Science: Explain the importance of juvenile, adult, civil, and criminal laws within the judicial system of the United States.
STANDARD	1.5.3.	Understanding consequences of breaking the law. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / DOMAIN	AL.1.	Citizenship: Students in the seventh grade can be characterized as inquisitive, enthusiastic, and impressionable learners. The goal of education in civics and government is informed, responsible participation in political life by competent citizens committed to the fundamental values and principles of the constitutional democracy, which established the republic of the United States of America.
OBJECTIVE / CATEGORY	1.8.	Economics: Apply principles of money management to the preparation of a personal budget that addresses housing, transportation, food, clothing, medical expenses, and insurance as well as checking and savings accounts, loans, investments, credit, and comparison shopping. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Alabama Courses of Study

Health and PE

Grade 9 - Adopted 2009

STRAND / DOMAIN	AL.H.9-12.	Health Education
OBJECTIVE / CATEGORY		Mental and Emotional Health - Students will:

STANDARD	H.9-12.8.	Identify symptoms, methods of treatment, and management of mental health disorders, depression, and stress.
RELATED CONTENT / EXPECTATION	H.9-12.8.a.	Recognizing available resources and hotlines for mental health concerns My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / DOMAIN	AL.H.9-12.	Health Education
OBJECTIVE / CATEGORY		Mental and Emotional Health - Students will:
STANDARD	H.9-12.9.	Describe significant life events that impact mental and emotional health. My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / DOMAIN	AL.H.9-12.	Health Education
OBJECTIVE / CATEGORY		Nutrition - Students will:
STANDARD	H.9-12.10.	Analyze social and cultural messages about food and eating for their influence on nutrition choices.
RELATED CONTENT / EXPECTATION	H.9-12.10.c.	Describing health consequences and treatment of eating disorders My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND / DOMAIN	AL.P.9-12.	Physical Education
OBJECTIVE / CATEGORY		Cognitive Development - Students will:
STANDARD	P.9-12.4.	Identify short- and long-term health-enhancing benefits of physical activity. Multimedia Extensions Multimedia Extensions: Stress

STRAND / DOMAIN	AL.P.9-12.	Physical Education
OBJECTIVE / CATEGORY		Physical Activity and Health - Students will:
STANDARD	P.9-12.13.	Compare goals for attaining and maintaining fitness. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / DOMAIN	AL.P.9-12.	Physical Education
OBJECTIVE / CATEGORY		HIGH SCHOOL ELECTIVE COURSES
STANDARD		Physical Activity and Health - Students will:
RELATED CONTENT / EXPECTATION	P.HS.10.	Demonstrate the level of fitness required for successful participation in a variety of physical activities. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
RELATED CONTENT / EXPECTATION	P.HS.11.	Describe personal goals implemented in an individualized physical fitness performance plan. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Alabama Courses of Study

Health and PE

Grade 10 - Adopted 2009

STRAND / DOMAIN	AL.H.9-12.	Health Education
OBJECTIVE / CATEGORY		Mental and Emotional Health - Students will:
STANDARD	H.9-12.8.	Identify symptoms, methods of treatment, and management of mental health disorders, depression, and stress.

RELATED CONTENT / EXPECTATION	H.9-12.8.a.	Recognizing available resources and hotlines for mental health concerns My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / DOMAIN	AL.H.9-12.	Health Education
OBJECTIVE / CATEGORY		Mental and Emotional Health - Students will:
STANDARD	H.9-12.9.	Describe significant life events that impact mental and emotional health. My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / DOMAIN	AL.H.9-12.	Health Education
OBJECTIVE / CATEGORY		Nutrition - Students will:
STANDARD	H.9-12.10.	Analyze social and cultural messages about food and eating for their influence on nutrition choices.
RELATED CONTENT / EXPECTATION	H.9-12.10.c.	Describing health consequences and treatment of eating disorders My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND / DOMAIN	AL.P.9-12.	Physical Education
OBJECTIVE / CATEGORY		Cognitive Development - Students will:
STANDARD	P.9-12.4.	Identify short- and long-term health-enhancing benefits of physical activity. Multimedia Extensions Multimedia Extensions: Stress
STRAND / DOMAIN	AL.P.9-12.	Physical Education

OBJECTIVE / CATEGORY		Physical Activity and Health - Students will:
STANDARD	P.9-12.13.	Compare goals for attaining and maintaining fitness. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / DOMAIN	AL.P.9-12.	Physical Education
OBJECTIVE / CATEGORY		HIGH SCHOOL ELECTIVE COURSES
STANDARD		Physical Activity and Health - Students will:
RELATED CONTENT / EXPECTATION	P.HS.10.	Demonstrate the level of fitness required for successful participation in a variety of physical activities. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
RELATED CONTENT / EXPECTATION	P.HS.11.	Describe personal goals implemented in an individualized physical fitness performance plan. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Alabama Courses of Study

Health and PE

Grade 11 - Adopted 2009

STRAND / DOMAIN	AL.H.9-12.	Health Education
OBJECTIVE / CATEGORY		Mental and Emotional Health - Students will:
STANDARD	H.9-12.8.	Identify symptoms, methods of treatment, and management of mental health disorders, depression, and stress.
RELATED CONTENT / EXPECTATION	H.9-12.8.a.	Recognizing available resources and hotlines for mental health concerns My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / DOMAIN	AL.H.9-12.	Health Education
OBJECTIVE / CATEGORY		Mental and Emotional Health - Students will:
STANDARD	H.9-12.9.	Describe significant life events that impact mental and emotional health. My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / DOMAIN	AL.H.9-12.	Health Education
OBJECTIVE / CATEGORY		Nutrition - Students will:
STANDARD	H.9-12.10.	Analyze social and cultural messages about food and eating for their influence on nutrition choices.
RELATED CONTENT / EXPECTATION	H.9-12.10.c.	Describing health consequences and treatment of eating disorders My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND / DOMAIN	AL.P.9-12.	Physical Education
OBJECTIVE / CATEGORY		Cognitive Development - Students will:
STANDARD	P.9-12.4.	Identify short- and long-term health-enhancing benefits of physical activity. Multimedia Extensions Multimedia Extensions: Stress
STRAND / DOMAIN	AL.P.9-12.	Physical Education
OBJECTIVE / CATEGORY		Physical Activity and Health - Students will:
STANDARD	P.9-12.13.	Compare goals for attaining and maintaining fitness. Multimedia Extensions

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / DOMAIN	AL.P.9-12.	Physical Education
OBJECTIVE / CATEGORY		HIGH SCHOOL ELECTIVE COURSES
STANDARD		Physical Activity and Health - Students will:
RELATED CONTENT / EXPECTATION	P.HS.10.	Demonstrate the level of fitness required for successful participation in a variety of physical activities. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
RELATED CONTENT / EXPECTATION	P.HS.11.	Describe personal goals implemented in an individualized physical fitness performance plan. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Alabama Courses of Study

Health and PE

Grade 12 - Adopted 2009

STRAND / DOMAIN	AL.H.9-12.	Health Education
OBJECTIVE / CATEGORY		Mental and Emotional Health - Students will:
STANDARD	H.9-12.8.	Identify symptoms, methods of treatment, and management of mental health disorders, depression, and stress.
RELATED CONTENT / EXPECTATION	H.9-12.8.a.	Recognizing available resources and hotlines for mental health concerns My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / DOMAIN	AL.H.9-12.	Health Education

OBJECTIVE / CATEGORY		Mental and Emotional Health - Students will:
STANDARD	H.9-12.9.	Describe significant life events that impact mental and emotional health. My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / DOMAIN	AL.H.9-12.	Health Education
OBJECTIVE / CATEGORY		Nutrition - Students will:
STANDARD	H.9-12.10.	Analyze social and cultural messages about food and eating for their influence on nutrition choices.
RELATED CONTENT / EXPECTATION	H.9-12.10.c.	Describing health consequences and treatment of eating disorders My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STRAND / DOMAIN	AL.P.9-12.	Physical Education
OBJECTIVE / CATEGORY		Cognitive Development - Students will:
STANDARD	P.9-12.4.	Identify short- and long-term health-enhancing benefits of physical activity. Multimedia Extensions Multimedia Extensions: Stress
STRAND / DOMAIN	AL.P.9-12.	Physical Education
OBJECTIVE / CATEGORY		Physical Activity and Health - Students will:
STANDARD	P.9-12.13.	Compare goals for attaining and maintaining fitness. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / DOMAIN	AL.P.9-12.	Physical Education

OBJECTIVE / CATEGORY		HIGH SCHOOL ELECTIVE COURSES
STANDARD		Physical Activity and Health - Students will:
RELATED CONTENT / EXPECTATION	P.HS.10.	<p>Demonstrate the level of fitness required for successful participation in a variety of physical activities.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
RELATED CONTENT / EXPECTATION	P.HS.11.	<p>Describe personal goals implemented in an individualized physical fitness performance plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

Alabama Courses of Study

Social Studies

Grade 11 - Adopted 2004

STRAND / DOMAIN	AL.1.	United States History From 1877 to the Present: The study of the history of the United States in Grade 11 continues the journey begun in Grade 10 through the social, economic, geographic, and political development of the United States. Students are involved in a chronological study of the major events, issues, movements, and leaders of the United States through the present from both a national and an Alabama perspective.
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OBJECTIVE / CATEGORY	1.14.	Economics/Geography/History/Political Science: Trace significant foreign policies and issues of presidential administrations from Nixon to the present.
STANDARD	1.14.3.	Describing the technological, social, and economic changes occurring in the United States from the 1970s to the present. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Alabama Courses of Study

Social Studies

Grade 12 - Adopted 2004

STRAND / DOMAIN	AL.1.	Economics: Economics is a one-semester required course for the twelfth grade that focuses on the functions and institutions of modern-day economic systems and economic theory. Students use the knowledge and analytical-thinking skills learned in previous courses and grades to analyze issues and problems in contemporary economic systems.
OBJECTIVE / CATEGORY	1.4.	Economics/Geography: Explain the impact of the labor market on the market economy of the United States.
STANDARD	1.4.3.	Describing characteristics that are most likely to increase wages and non-wage benefits. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School