

HEALTH EDUCATION

HEALTH EDUCATION COURSE DESCRIPTIONS

HEALTH

Grade 9 (7701) One Semester Credit 0.50 Weight 1.02

Grade 10 (7702) One Quarter Credit 0.25 Weight 1.02

Prerequisites: These courses are required for students in Grades 9 and 10.

Description: The Health courses utilize a "skill-based" approach to instruct students in federal and state mandated areas of health education. Course goals include raising the awareness level of students regarding significant teen issues. The courses also provide information on such topics as self-esteem, stress management, growth and development, abstinence, birth control, sexually transmitted diseases including AIDS, violence prevention, suicide prevention, disease prevention, nutrition and fitness, eating disorders, fad diets, first aid, interpersonal communication skills, and substance abuse. The courses will also provide information on the support services and legal implications surrounding many of these issues.

JUNIOR SEMINAR (7703) (Four periodic sessions)

SENIOR SEMINAR (7704) (Six periodic sessions)

Prerequisites: These courses are required for students in Grades 11 and 12. *Attendance at each seminar is mandatory.*

Description: Junior & Senior Seminars will facilitate the instruction of issues within the areas of health education and guidance. Instruction will include, but will not be limited to, the use of guest speakers, media, team lecture, and group discussion. Two of the Senior sessions will be devoted to developmental guidance and four sessions will be devoted to health education. The Junior sessions will be devoted to health education. Students will receive a grade of pass or fail based on attendance and the completion of seminar evaluations. Each session will be videotaped to allow for later viewing by absent students. Course goals include promoting the need to live a healthy lifestyle and identifying the various resources available to young adults within our society.

HUMAN RELATIONSHIPS (7705)

One Semester Credit 0.50 Weight 1.02

Prerequisites: This course is open to students in Grades 11 and 12.

Description: Human Relationships is a prevention-oriented course that enables students to critically evaluate issues related to personal, family, social, and vocational life. Students develop the skills necessary to make responsible, informed choices and to recognize the effect of decisions on their lives and the lives of others. Topics of study include personal and family crisis prevention and recovery, communication, relationships, personal finances, family in a changing society, choices and realities of parenthood, aging, fulfillment of life, and death.