

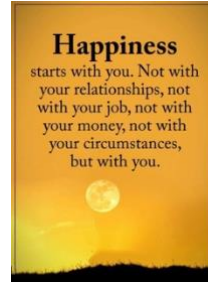
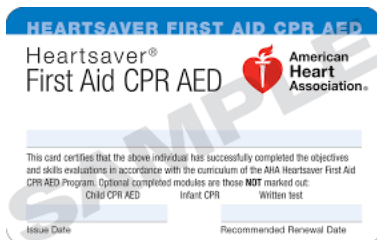
Health Electives:

****These Electives do not meet the Health Graduation Requirement****



Advanced Health/First Aid and CPR/AED Certification (Grades 10-12):

This is an active, participatory class which includes hands on activities, speakers, and field trips. Students are trained in American Heart Association First Aid and CPR for Adult, Child and Infant and AED training. Upon completion of this class, students will earn an official Certification for First Aid and CPR/AED Certification. In addition to these life saving skills the students will learn how to live a healthy lifestyle through a unit on nutrition and physical activity. Students must have completed the health education graduation requirement before taking this course.



Science of Happiness (Grades 11-12):

This course will focus on making behavioral changes that directly impact students' lives. Stress management, Sleep, happiness, self-esteem, empathy, friendship, love, showing gratitude, acts of kindness, connecting with others personally are all behaviors rich in research that have great impacts in our overall happiness. The Science of Happiness would be organized around a series of themes presented weekly. Each theme is presented over the course of a week, where students will hone in on a specific topic or skill that's important to a happy life, each theme being backed by research. Students will perform community service, participate in field trips, and organize a class "Legacy Project." Students will also perform a "lifestyle change project" as the summative assessment for this course.



Questions: Ms. Myhre – Health Teacher and Department Lead
rmyhre@edenpr.org