

INDEPENDENT SCHOOL DISTRICT 196
Rosemount-Apple Valley-Eagan Public Schools
Educating our students to reach their full potential

Series Number **612** Adopted **January 1991** Revised **July 2012**

Title **Health Curriculum Beliefs and Goals**

1. Beliefs

- 1.1 Health education is an integral component of a successful experience for all students.
- 1.2 Health education promotes personal, family and community health.
- 1.3 Health education promotes lifelong physical, mental and social wellness.
- 1.4 Health education supports functional health knowledge, health literacy and responsible decision-making.
- 1.5 Technology is essential in teaching and learning health.
- 1.6 On-going professional development is a key component of a strong health program.
- 1.7 Quality health education is enhanced through public and home support.

2. Goals - *“Clearly no knowledge is more crucial than knowledge about health. Without it, no other life goal can be successfully achieved.”* - National School Boards Association

- 2.1 Students will comprehend concepts related to wellness and disease prevention to enhance health.
- 2.2 Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
- 2.3 Students will demonstrate the ability to access valid information, products and services to enhance health.
- 2.4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- 2.5 Students will demonstrate the ability to use decision-making skills to enhance health.
- 2.6 Students will demonstrate the ability to use goal-setting skills to enhance health.
- 2.7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- 2.8 Students will demonstrate the ability to advocate for personal, family, and community health.

References: - The Joint Committee on National Health Education Standards, *National Health Education Standards: Achieving Excellence* (2nd Edition). Atlanta: American Cancer Society, 2007.