

DRIVER EDUCATION AND HEALTH

DRIVER EDUCATION

1/2 Semester

1/4 credit *

Open to all levels

*Prerequisite: See Note**

The driving age in Illinois is 18. A student may obtain a restricted driver's license at the ages of 16 and 17 if they pass an approved driver education course consisting of 30 hours of classroom and 12 hours of behind the wheel training (6 hours driving and 6 hours observation). O'Fallon Township High School offers students an Illinois State Board of Education approved driver education course.

- Driver Education classroom and behind the wheel driving introduces students to Illinois Rules of the Road, vehicle control procedures, risk management techniques, skills that assist drivers in different environments and decision-making methods to become responsible drivers. Students will apply for permits during the classroom portion of driver education. (Students must be 15 years of age, show proof of age: certified birth certificate or military ID, pay a \$20 fee to the Illinois Secretary of State's Office, pass a written test and pass a vision test 20/40)
- Eligibility for enrollment: Illinois State Law states that students must have successfully passed eight (8) semester hours in the previous two (2) semesters in order to enroll in driver education. There is a \$250 fee for driver education classroom / behind the wheel training. This fee must be paid before the student will be scheduled for behind the wheel driving.
- Driver Education classroom is a quarter class that counts toward a student's grade point average. Keyboarding essentials is offered the nine weeks opposite Driver Education for freshman and sophomores to fill out the semester. The classroom phase is offered five times a year and the behind the wheel training is offered throughout the school year plus during the summer.
- Behind the wheel driving sometimes occurs concurrently with classroom driver education and sometimes after the classroom portion (this is due to availability of driver education vehicles and the number of students enrolled). Behind the wheel driving lessons must be driven in not less than a 6-week period of time. (4 weeks allowable in the summer).

HEALTH

1 Semester

1/2 credit

Open to all levels

*Prerequisite: See Note**

Health Education is a one-semester course required for graduation. It is designed to assist the student in developing an over-all base of knowledge of physical, emotional, and mental health and how it applies to their daily lives as they seek a high degree of wellness. The students will demonstrate better decision making and life skills for themselves physically, mentally, and emotionally (socially) by using the knowledge and information provided in this class. Materials and discussions will concentrate on the consequences of both risk and wellness behaviors. Major emphasis will be placed on personal care, body systems, personal fitness, mental health, drug intervention, chronic illnesses, and communicable/non-communicable diseases/disorders.

We will explore current health issues and trends related to teens and what effects these issues have on their lives. Students will realize that health is not just the absence of disease, but the positive state of physical, mental and social well being. Various topics to be discussed could include self-esteem (body image), first aid and safety (CPR/AED Education), refusal skills, responsible decision making, media influence, teen pregnancy and parenting, the life cycle, AIDS and STDs, suicide prevention, proper nutrition, physical fitness, substance abuse and prevention, and current issues that affect every day teen living.

PERSONAL WELLNESS

1 Semester

1/2 credit

Open to all Juniors and Seniors

Prerequisite: Successful completion of Health

Personal Wellness is a one semester class designed to address the mental, social, and emotional needs of late adolescence and early adulthood. This class will introduce students to the skills and strategies helpful in becoming more focused, productive individuals. Topics will include goal setting, decision-making, morality, developing communication skills, relationships, and lifespan development as well as identifying and applying coping strategies related to anxiety, depression, time management, loss, etc. The student will examine personal wellness issues from an interpersonal and intrapersonal level. The impact of current health related issues will regularly be presented in class within the context of curriculum objectives. A variety of research-based materials and instructional techniques will be utilized. Students will be provided with several opportunities to explore personal topics of interest.