

# HEALTH EDUCATION

Health Education is a multi-faceted curriculum for our students who are confronted with a myriad of complex and perplexing health problems, decisions, and responsibilities and who must be able to solve problems and meet responsibilities during an era marked by rapid scientific and technological advances as well as changing social conditions. We hope this curriculum will enhance the awareness of students physically, socially, and psychologically so they may learn to cope with daily living. Thus, we can help them make sound value judgments about how to live in today's as well as tomorrow's society.

## **HEALTH 9 - Semester Course for Freshman**

This comprehensive health course is designed to meet the specific needs of the ninth grade student. We know that the high school years are dynamic ones, which expose students to many new experiences that require major personal decisions. Health 9 responds to the ninth grader's unique needs by offering a mandated program that will help them create a healthier, more successful high school experience through prevention. Our focus is to develop critical thinking, decision making, coping and assertiveness skills in an open, student oriented setting.

½ unit of credit

No prerequisite.

## **HEALTH 9 - Offered on alternate days for the year**

See above description.

½ unit of credit

No prerequisite.

## **HEALTH 11 - Semester Course for Juniors**

This course builds on the functional and skill- based knowledge introduced in Health 9, focusing on physical emotional, social, and intellectual issues faced by an older adolescent as they complete their last years of high school and move on to higher education, the job market, and a more independent lifestyle. Students will utilize reliable resources and statistics to identify root causes for current health trends, and develop proactive strategies for maintaining and incorporating health and wellness into their lifestyles. This course satisfies the New York State requirement for graduation

½ unit of credit

No prerequisite.

## **HEALTH 11 - Semester Course for Seniors**

This course is designed for seniors who have not taken health in their junior year.

½ unit of credit

No prerequisite

## **HEALTH PEER LEADERSHIP**

Peer Leadership is a program in which select upperclassmen serve as mentors to 9<sup>th</sup> graders and the entire school community. Health Peer Leadership blends the content of Health 11 with the development of leadership skills, all within the framework of the New York State Health curriculum. Students selected to participate in the program will examine what makes an effective leader and learn how to develop techniques and strategies to improve their leadership skills. Students will utilize these skills during 9<sup>th</sup> grade advisory sessions as they lead discussions each Wednesday morning during the fall semester.

½ unit of credit

Prerequisite: Application, possible interview and selection by committee