OLEAN CITY SCHOOL DISTRICT

Health Curriculum

Grades K - 12

Health Education instills in students the knowledge and skills needed to examine alternatives and make responsible health-related decisions. Drawing on knowledge from the biological, environmental, psychological, social, physical, and medical sciences, health education helps students learn to prevent and manage health problems.

Areas of study in Health Education include:

- Human Growth and Development
- Nutrition
- Family Life
- Alcohol, Tobacco, and Other Drug Substances
- Safety, First Aid, and Survival
- Community Health
- Environmental Health
- Diseases and Disorders
- Consumer Health
- Emotional Health
- Healthful Life Styles

The Benefits of Health Education

- Prepares students to meet the challenges of healthy living
- Focuses on the whole person
- Requires collaboration of home, school, and community
- Provides knowledge and skills to enable individuals to make responsible and informed decisions and adapt and maintain healthy behaviors
- Prepares students to obtain, interpret, and understand basic health information and services
- Prepares students to meet the challenge of healthy living
- Focuses on all aspects of health and well-being – physical, mental, emotional, and social provides knowledge, motivation, and skills.