

HIGH SCHOOL PERSONAL HEALTH AND FITNESS EDUCATION

New Construction

I. PROGRAM PHILOSOPHY

Personal health and fitness education are independent. You need good health to become educated. You need education to develop and maintain your health. You need both to realize your full potential.

An effective personal health and fitness education program includes learning experiences, which will assist students in gaining new personal health and fitness information, and the development of attitudes and behaviors that will have a positive effect on their state of wellness. Our program should assist students in living full and abundant lives while recognizing and assuming personal responsibility for their health.

II. PROGRAM GOALS

The primary goal of personal health and fitness education is to provide learning activities which students may use to make wise decisions regarding their personal health.

Areas of study include the physical, mental/emotional, and social dimensions of wellness. They are:

1. Mental Health/Personality Development
2. Growth & Development
3. Nutrition
4. Personal Health
5. Diseases – Prevention and Control
6. Substance Abuse Prevention
7. Safety and Accident Prevention
8. Family Life Education

III. PROGRAM ACTIVITIES

A variety of activities are used in the classroom ranging from individual projects to large group lecture and discussion. Human torso models, organ models, and mannequins are among the audio-visual materials used and demands adequate storage space as well as classroom space during use. Other examples include:

1. Audio-visual presentations – slides, tapes, video tapes, transparencies computers, laser disks, and multimedia presentations, which may include any 3-5 different types of AV equipment for one presentation.
2. Lecture/Discussion (entire class)
3. Panel Discussions
4. Cooperative Learning Groups (2-5 students)

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New Construction

IV. ORGANIZATIONAL NOMENCLATURE

Teacher – Student Ratio	50
Student Capacity per Period	50
Total No. of Teachers	1
Total No. of Aides	0 (If applicable)
Grade Levels or Age Levels for Which Program is Intended	9, 10, 11 and 12
Hours per Day Space Will Be Used	7

V. INNOVATIONS, EXPERIMENTAL IDEAS, OTHER PLANNED USES

Audio-visual presentations – slides, tapes, video tapes, transparencies, computers, laser disks and multimedia presentations are used frequently as learning activities in the classroom. A teaching unit table with storage area for current instructional materials is recommended.

Several national health education programs are aired on Educational TV requiring equipment.

Many teachers use cooperative learning strategies and therefore need flexible seating arrangements for classes.

Course appropriate sensitive subject area instructional materials require additional secure locked storage.

VI. SQUARE FOOTAGE CHANGES EXPLANATION THAT VARIES FROM APPROVED FACILITIES LIST

Material storage will be included within the classroom. An ESE FULL TIME will be used for the Personal Health and Fitness Education class, located near the gymnasium.

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New Construction

VII. PROGRAM FURNITURE AND EQUIPMENT REQUEST FORM

- * All items to be shown on schematic and preliminary drawings
- # indicates items to be furnished and installed by contractor

Space or Area Number of Items Description of Furniture/Equipment

CLASSROOM & MATERIAL STORAGE

*50	Student Desks
*1	Teacher Desk
1	Teacher Chair, 18"
*3	Rectangular Classroom Tables 30" x 72"
3	Bookcases – 36" x 12" x 60"
*1	Mirrored wall, opposite of where the standard whiteboard is mounted
#*1	Teacher Unit Station with overhead projector and lockable material storage
*1	Lockable Storage Cabinets to house 7 Mannequins
1	Wastebasket
1	Pencil Sharpener
1	Flag and Wall Holder
1	Printer with Stand
*1	Sound enhancement equipment system including amplifiers, speakers, and microphones
*1	Interactive Projector and Standard whiteboards
*1	Magazine Rack
*1	Cabinet to store bleach

TEACHER PLANNING

*1	Computer Table, Mobile
1	Computer with Printer
1	Chair for Table
*1	Utility Table, rolling cart lab
2	Four-Drawer File Cabinets
2	Chairs

Health education shall be located close to Physical Education (gymnasium) area.

VIII. SPECIAL CONSIDERATIONS

- Windows

Observation window in teacher office to classroom

- Water

One single sink in a built-in counter in classroom to allow cleaning of mannequins

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IX. SPECIAL CONSIDERATIONS (continued)

- Communications

Provide wireless distribution and video over IP broadcast system technology throughout the new construction at the school. Short throw PLC projectors will be used in the classrooms along with interactive boards. Television and coaxial cable will **not** be used.

- Built-ins Cabinetry

- A. Built-in work counter

Storage Area within the classroom:

Tall storage cabinet 84" high x 48" wide x 18" deep with lockable doors.

- B. Built-in cabinets/shelving

Teacher Planning:

Storage Area within the Classroom:

Two open adjustable shelving units, 72" high x 12" deep x 6' long for textbooks.

- C. Build-in Instructional Aids

General Classroom (Each Classroom)

Four 4 ft. x 8 ft. standard markerboards and two 4 ft. x 8 ft. tackboards. Standard markerboards to have eraser tray, flag holder and demountable map railing, an interactive projector, in the center of the markerboards.

Provide wheeled cabinet with doors for sound enhancement equipment and amplifier. Cabinet and equipment shall be located at, or adjacent to, the major teaching wall with tethered wiring and harnesses. Equipment purchased with Furniture, Fixtures, Equipment & Technology (FFE&T) funds.

The back of the cabinet must allow connections of white speaker wire for the four speakers used with sound enhancement equipment, a network connection, connection to interactive projector and power.

16 linear feet of tackboard on wall opposite markerboard

4' x 4' tackboard in teacher planning