

For Students

This Health Education class is well rounded and thorough to ensure an understanding of each area based on the [New National Health Education Standards](#), however, it does not include education about gender identity. The goal of a quality health education program is to ensure each student has the knowledge and skills needed to lead a healthy lifestyle utilizing health literacy, which is the ability to access, understand, analyze, apply and advocate for health information and services in order to maintain or enhance one's own health and the health of others.

The National Health Standards address these topic strands:

- Nutrition and Physical Fitness
- Growth, Development and Sexual Health
- Mental, Emotional and Social Health
- Substance Use and Abuse
- Personal and Community Health
- Injury Prevention and Safety

This curriculum is also designed to help you think about topics related to your health that the majority of people aren't educated about. Learning about holistic health will give you the power to examine all of your options when it comes to maintaining your health and treating your body for any ailments. Knowledge is power and you can have control over your health!

This curriculum is written to be 4 days a week with 1 hour of physical activity a week. If you are not involved in a sport or physical activity then you can do the Physical Fitness assignment that is included.

$\frac{1}{2}$ credit = 75 hrs/15 weeks = 5hrs a week, 60 days of assignments + 15 hrs PE

Video Classes:

1. For the classes at Alison.com - after clicking on the class link, you can click the green “start learning” button. An ad may pop up, just close it.
2. It will then prompt you to sign up for a free account. Once you have a login email and password, you can click the start learning button again.
3. If you logout or just close your window, there is a green button “continue learning”, that takes you right back to where you left off or you can go to your dashboard and the continue learning button is there too.
4. When you complete the quiz, the % earned will be at the bottom left side of the screen. You do not need to print a certificate.

Documentaries:

There is a reflection form to fill out for each documentary in the Table of Contents. There are no links to the documentaries. You will have to find them on apps you have on your TV.

The other assignments include reading articles and answering questions. A simple spiral notebook is all that is needed to write out your assignments.

1. Letters listed on an assignment are to be written answers.
2. Bullets on an assignment are to be pondered and discussed with a parent.
3. Label each day with the number assignment you did and each answer with the corresponding letter.

How to get started:

1. After you login you are on the “products” page in the profile dropdown. Find and download the Master List of Assignments.
2. On the following days you may not need to login since it downloads to your computer.
3. You and/or your parent can use the printed Master List Table of Contents to help you see all the assignments together and choose which ones you want to complete. You can read the full lesson in the Master List of Assignments document to help you decide. Remember you need about 60 days of work and assignments with *’s will be multiple day assignments.

** = 2 day assignment, *** = 3 day assignment

4. Once you have chosen either the preassigned schedule and/or customized your curriculum, use the printed Master List Table Of Contents as your reference each day for what assignment you are going to do.
5. Open the Master List of Assignments everyday and use it’s Table of Contents at the beginning of that document to click on any section and it will quickly jump down to your assignment.