

Health Education

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

- Human growth and development
- Nutrition
- Family life
- Alcohol, tobacco, and other drugs
- Safety, first aid, and survival
- Community health
- Environmental health
- Diseases and disorders
- Consumer health
- Emotional health
- Healthful life styles

Human Growth and Development

Knowing the human body and understanding the characteristics and natural progression of development in the life cycle for taking actions that promote health at each developmental stage.

Nutrition

Understanding the role of nutrition in the promotion and maintenance of health for establishing sound nutritional practices.

Family Life

Appreciating the role of the family in society in preparing each member for the responsibilities of family membership and adulthood, including marriage and parenthood.

Alcohol, Tobacco, and Other Drug Substances

Understanding the factors involved in using drug substances appropriately and preventing abuse.

Safety, First Aid, and Survival

Recognizing how safe environments promote health and well-being and learning procedures to reduce safety risks and respond effectively in emergencies.

Community Health

Understanding the importance of developing health services responsive to present and projected community needs and for becoming a contributor to the health of the community.

Environmental Health

Recognizing that environmental factors have a direct effect on the health of the individual and of society and for taking actions that protect and improve the environment.

Diseases and Disorders

Understanding diseases and disorders and taking actions to prevent or to limit their development.

Consumer Health

Understanding the factors involved in consumer health for making wise decisions in selecting and using health information, products, and services.

Emotional Health

Recognizing the relationships among emotional reactions, social relationships, and health for establishing patterns of behavior that promote emotional health and sound interpersonal relationships.

Healthful Life Styles

Appreciating the need for responsibility and planning for developing and maintaining a healthful life style.