

The goal of health education is for students to demonstrate an understanding of the components of personal wellness. The health education curriculum is designed to help adolescents develop knowledge, attitudes, and skills to make responsible decisions and act in ways that prevent disease and reduce health-related risk behaviors. Topics include alcohol/drug abuse prevention, safety and cardiopulmonary resuscitation (CPR), human growth and development, personal and social development, nutrition and diet control, fitness and mental health, and communicable and non-communicable diseases. This is a one semester course.