

Hunterdon Preparatory School Health Education Curriculum

Although all students begin to receive health education in the earlier grades, the middle and high school years take health instruction to a more urgent level as students begin a new era of physical development that coincides with social and emotional complexities of a more adult nature.

Many students feel ill equipped to navigate through the maze of adolescent angst and insecurity. At the Hunterdon Preparatory School, our health classes follow state mandated requirements in a familiar setting where students feel comfortable enough to ask questions they may be hesitant to ask their parents. As always, students have the benefit of our counseling program to further help them process what they are discussing as a group in health classes.

The importance of health education is undeniable. Yet students continue to misconstrue facts about topics such as energy drinks (Health 9), provisional drivers' licenses (Health 10), addition (Health 11) and sexually transmitted diseases (Health 12). Our health teachers do their best to dispel myths by providing students with current, research driven information and informational text that is adapted and modified according to academic ability and emotional maturity.

Students at the Hunterdon Preparatory School who are in middle school receive health instruction twice a week for forty minutes during the second and third marking periods. Secondary school students complete their four year Health requirements during either the second or third marking periods in place of physical education. Like physical education, health classes meet for a double period on Tuesdays and Thursdays. The typical credit values associated with one year of high school Health is 1.25 credits which when combined with 3.75 credits of physical education equals 5.0 credits earned. The New Jersey state requirement for PE/Health is 20 credits towards a high school diploma.

Students at the Hunterdon Preparatory School do not necessarily enjoy giving up their active physical education classes for more academic seat time. However, they understand that it is their responsibility to take Health and teachers and students work together to make their health curriculum meaningful and useful. Topics from Health classes often find their way on to group counseling agendas as students collect and digest information that becomes more relevant to them as their developmental realities shift from childhood perceptions to more adult-like experiences.

Ultimately the goal of Health education is for students to understand their own bodies; how they need to care for them, keep them safe and how good decisions trump poor ones. It is important for students to feel comfortable in their own skins no matter what their body types may be or

whether or not they have athletic ability or perfect white teeth. It is the task of the Hunterdon Preparatory School to build on students' strengths and talents to raise self-esteem, inspire self-confidence and self-acceptance. To that end, our Health classes are integrated into our social learning environment in an effort to achieve our overall mission, which is to give our students the tools they need to be successful, be true to themselves and become positive, contributing members of a larger society.

MIDDLE SCHOOL HEALTH

Middle School Health class is designed to familiarize students with the health/disease continuum. Awareness of health knowledge is presented with the goal of applying that knowledge through positive health choices. Units include health literacy, hormones and growth, skin and hygiene, nutrition and safety, among others. Class activities include investigating one's family health history, evaluating hygiene products, practicing Hands-Only CPR, etc.

MIDDLE SCHOOL HEALTH - COURSE OBJECTIVES

- Eighth grade health stresses safety issues to and from as well as in and around the home.
- Student will be introduced to vocabulary related to health habits and health threats.
- Student will learn to differentiate between accurate health information and inaccurate information.
- Student will be able to identify self-help behaviors.
- Student will be encouraged to participate in discussions related to hygiene issues.
- Student will gain an understanding of the basic function of the brain and associated functions.
- Student will explore feelings associated with different parts of the brain.
- Student will learn about sleep cycles.
- Student will understand the basic structure and function of the heart and lungs.
- Student will be introduced to basic first aid procedures.
- Student will appropriately express questions and feelings about puberty.
- Student will examine the body systems concerning hormones and growth.

HEALTH 9

Total health is a concept that touches every aspect of a person's life, from mental health to physical fitness and includes nutrition, peer interaction and stress management. 9th Grade Health at the Hunterdon Preparatory School is designed to introduce adolescents to health in a way that prepares them for an independent lifestyle and encourages personal responsibility for their bodies and minds. Students learn the basic systems of the body and how to take care of each. They create personalized fitness plans individualized for their own needs and lifestyles and explore how to create healthy meals that meet their nutritional needs. Students will be able to use their knowledge of health and wellness to apply to their own lives and use it outside of the school setting.

HEALTH 9 - COURSE OBJECTIVES

- Student will learn goal-setting skills regarding healthy choices.
- Student will participate in discussions about stress management.
- Student will discuss lifestyle factors regarding healthy living.
- Student will discuss physical fitness plans and ways to monitor fitness progress.
- Student will introduce social, communication and refusal skills.
- Students will be introduced to a variety of new health terms.
- Student will learn about heredity and environmental factors that influence health.
- Students will discuss healthy interpersonal relationships.
- Student will be introduced to the three elements of health: physical, mental, and social and emotional.
- Student will understand the behavioral aspect relating to positive eating choices.
- Student will be able to identify nutrients necessary to a healthy lifestyle.
- Student will be introduced to potential food problems.
- Student will be able to identify basic body systems.
- Student will participate in group lessons about human growth and development.
- Student will explore "smart consumer" concepts.
- Student will participate in discussions relating to physical fitness injuries.

HEALTH 10/DRIVER'S EDUCATION

The overall goal of the Hunterdon Preparatory School is to encourage and help students develop a path to independent living after high school. Having a driver's license is an important tool in achieving this goal. The Driver's Education class is for 10th Grade students who are working towards earning their New Jersey's learner's permits. The course reviews basic rules and regulations presented in the official NJ Driver Manual. Course work is designed to help students study and prepare to take their permit tests. Though the NJ Driver Manual is the main focus of the course, much time is spent discussing the many issues and responsibilities associated with attaining and maintaining a license. Likewise, social and economic issues concerning responsible driving habits are addressed.

HEALTH 10 - COURSE OBJECTIVES

- Student will be introduced to the requirements for maintaining a driving privilege.
- Student will participate in discussions regarding graduated driving licenses.
- Student will participate in discussions regarding provisional licenses.
- Students will be exposed to information about penalties for breaking driving laws.
- Student will achieve a B or better to be eligible for "Behind the Wheel" privileges.
- Student will be introduced to procedures to follow in the event of a traffic accident.
- Student will take practice permit tests until consistently scoring a passing grade.
- Student will become aware of different driving conditions.
- Student will be introduced to specific NJ laws and regulations.
- Student will learn about car insurance and road-side assistance services.
- Student will prepare to get a driver's permit.
- Student will be able to name safe driving procedures.
- Student will become aware of vehicle maintenance requirements.
- Student will understand the importance of safety belts.
- Student will participate in discussions about driving rules and conditions.

HEALTH 11

Eleventh grade Health explores the definition and history of substance abuse. It examines its impact on physical and emotional health and its effect on society as a whole. Students are introduced to the signs and symptoms of substance abuse, and how various substances can be abused. They discuss how the use of drugs and alcohol can impact decision-making, putting one at risk of behaviors with negative consequences and how this can affect not only themselves, but those around them. Students discuss legal issues pertaining to substances, and the course provides students with information about getting help for someone suffering from substance abuse.

HEALTH 11 - COURSE OBJECTIVES

- Student will understand the short and long-term effects of inhaling certain toxic substances.
- Students will participate in discussions about the short and long-term physical and behavioral effects of alcohol use and abuse.
- Student will discuss how the use of alcohol and other drugs can impact decision-making and put a person at risk for sexual assault, pregnancy, and STDs.
- Student will be able to summarize the signs and symptoms of a substance abuse problem and the stages that lead to dependency/addiction.
- Student will become aware of the short and long-term effects and the potential for abuse of commonly used over-the-counter and prescription medicines and herbal
- Student will learn how to distinguish between over-the counter and prescription medicines.
- Student will participate in discussions about why it is illegal to use or possess certain drugs/substances and the possible consequences.
- Student will discuss adolescent and adult abuse of prescription and over-the-counter medicines and the consequences of such abuse.
- Student will be able to explain why the therapeutic effects and potential risks of commonly used over-the-counter medicines, prescription drugs, and herbal remedies
- Student will identify ways that drugs can be abused.
- Student will learn about the short and long term physical effects of all types of tobacco use.

HEALTH 12

Considered the capstone course in the high school health curriculum, Senior Health reflects the student's transition from adolescent to young adult. Units include biopsychosocial development, family life, gender spectrum, STD's/STI's, cultural and legal aspects of young adulthood, etc. The theme of individual decision making runs throughout the course. Educational activities include student designed presentations, Q & A with a guest speaker, parenting project, and a comprehensive final examination.

HEALTH 12 - COURSE OBJECTIVES

- Student will learn how early detection strategies assist in the prevention and treatment of illness or disease.
- Student will gain a greater understanding of how and why a healthy environment should be provided for the pregnant mother.
- Student will learn that personal lifestyle habits and genetics influence sexual development as well as overall growth patterns.
- Student will understand how responsible actions regarding sexual behavior impact the health of oneself and others.
- Student will participate in discussions about how the decision to become sexually active affects one's physical, social, and emotional health.
- Student will participate in discussions regarding sexuality in a respectful and sensitive manner.
- Student will become aware of gender-specific similarities and differences that exist.
- Student will learn about the physiological process of how pregnancy occurs as well as development of the fetus leading to childbirth.
- Student will understand about how the health of the birth mother impacts the development of the fetus.
- Student will become aware that pregnancy, childbirth, and parenthood are significant events that cause numerous changes in one's life and the lives of others.