

HEALTH EDUCATION DEPARTMENT



The emphasis in Health Education is on choices to empower personal wellness through experiential activities.

Health Education (College Prep)

PED201-Semester 1, PED202-Semester 2

Open to 10

One Semester

Prerequisite: None

The following Health Education units are taught:

Wellness and Mental Health

Adult CPR

Fitness and Personal Health

Reality of Drugs

Disease

Life Cycles

Within the Adult CPR Unit students (summer school excluded) have the opportunity to receive Adult CPR certification through the American Red Cross.* All health units are described on the health web page. The Health Education web page is a comprehensive, interactive site which offers students and parents access to complete curricular units, homework, test preparation materials, course expectations, study/review materials and class PowerPoint presentations. Health Education should be completed by the end of the sophomore year. During the semester that a student takes Health Education, the student is excused from Physical Education. During the reality of drugs unit, students will be prepared for the graduation required 46th credit test.

*It is strongly encouraged that students purchase the *American Red Cross Community First Aid & Safety* text. Student participation in the Adult CPR unit is required to earn course credit.

Applied Health (College Prep)

GPA Waiver Option

PED231-Semester 1, PED232-Semester 2

Open to 10-11-12

One Semester

Prerequisite: Student must have taken Health Education and completed all requirements. Student must have also earned the basic adult CPR certification in Health Education.

The following Applied Health units are taught:

Health Careers Exploration

Personal Trainer Certification Preparation

First Aid and Safety/AED/CPR for the Professional Rescuer

College Prep, Social Development and Life Skills

Community Service

The Stevenson Applied Health Education program is intended to provide students with an opportunity to explore various health medical career options available to them. Students will investigate various demands and qualifications required of vocations within health and medicine. During the semester that a student takes Applied Health, the student is excused from Physical Education.