

# HEALTH

Health represents a balance within a dynamic system in relationship to the self, the environment, and the universe. As the system changes, individuals and communities must adapt to maintain this balance. The student will: a) develop awareness of good health habits and the conditions necessary for physical and emotional well-being; b) learn those skills required for sound family, relationship, and community health practices; c) obtain knowledge of the physical and emotional health problems caused by chemical substance abuse and other personally harmful activities; d) understand body processes and functions; e) develop physical, social and emotional fitness; and f) be provided with the understandings and skills required to set goals, make informed decisions and solve health problems.

## **Health 10 (4510)**

This course of study, required by NYS for graduation, is designed to provide opportunities for students to achieve skills, knowledge and attitudes to establish and maintain personal health and fitness, to create and maintain a safe and healthy environment, and to be able to manage personal, family and community resources.

The program is organized into nine functional knowledge areas that are essential for young people to know in order to be safe, healthy and achieve academically. Along with the functional knowledge, there are seven skills that, when practiced, enhance personal, family and community health and safety.

1.	Wellness	<u>Skills:</u>
2.	Mental Health	Self- Management
3.	Nutrition and Physical Fitness	Relationship Management
4.	Alcohol, Tobacco and Other Drugs	Stress Management
5.	Family Life/Sexual Health	Communication
6.	HIV/AIDS	Decision Making
7.	Unintentional Injury	Planning and Goal Setting
8.	Other Required Health Areas (Cancer, First Aid, Environment)	Advocacy
9.	Violence Prevention	

**Credit:** 1/2 unit  
**Grade Level:** Grade 10 only

## **Lifeguarding, CPR for the Professional Rescuer, and First Aid: Responding to Emergencies (4511)**

The purpose of the American Red Cross Lifeguarding, CPR/AED for the Professional Rescuer, and Responding to Emergencies course is to provide participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries such as burns and bleeding as well as sudden illnesses until emergency medical services personnel take over. This program also emphasizes prevention of injuries and illness, with a focus on personal safety and health.

To enroll in this course students must be at least 15 years old by the last day of the course as the American Red Cross will not issue Lifeguarding Certificates to students under age 15. Three certificates (Lifeguarding, CPR/AED for the Professional Rescuer, and Responding to Emergencies) will be issued to students upon successful completion of this course. To pass the course and earn the American Red Cross Certifications, students must participate in all skill sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80 percent.

**Credit:** ½ unit – Health/Physical Education Elective (Does not replace Health or 4 years of Physical Education)  
**Grade Level:** 10, 11 or 12