

HB NO _____ DRAFT NO _____ BILL NO _____ RESOLUTION NO _____

SUBJECT Health Education Instructional Goals FUND _____

SOURCE OF REVENUE: GENERAL SPECIAL OTHER (SPECIFY) _____

COST ESTIMATE BASED ON: AN ORIGINAL ESTIMATE BUDGET BILL OTHER (SPECIFY) _____

INCOME ESTIMATE BASED ON: AN ORIGINAL ESTIMATE BUDGET BILL OTHER (SPECIFY) _____

SHOW OVER-ALL EFFECT IN ITEMS 1 AND 2 AND ITEM 3 GIVE EXPLANATION OF BREAKDOWN BY FISCAL YEAR INCLUDING LONG-RANGE EFFECT

EFFECT OF PROPOSAL	ANNUAL		FISCAL YEAR		
	INCREASE	DECREASE	CURRENT	NEXT	THEREAFTER
1. ESTIMATED TOTAL COST	\$	\$	\$	\$	\$
PERSONAL SERVICES	\$	\$	\$	\$	\$
CURRENT EXPENSES					
REPAIRS AND ALTERATIONS					
EQUIPMENT					
OTHER					
2. ESTIMATED TOTAL REVENUES	\$	\$	\$	\$	\$

3. EXPLANATION OF ABOVE ESTIMATES (INCLUDING LONG-RANGE EFFECT):

No new costs associated with this policy.

IMPACTS
FISCAL:

STATE STAFF: Lenore Zedosky

DATE

AGENCY

AUTHORIZED REPRESENTATIVE

Sept. 10, 1992

WV Department of Education

EXECUTIVE SUMMARY

Health Education Instructional Goals

Purpose

The Health Education Instructional Goals are provided for the purpose of describing the components needed to promote the knowledge, attitudes and behaviors needed to live a healthy lifestyle.

Background

The Health Education Program of Study was last revised in 1989 to meet the statutory requirement to include AIDS prevention education. In September, 1990, the "Criteria of Excellence: Instructional Goals and Objectives, Policy 2520" was revised to assure establishment of high quality standards concerning performance expectations for all students attending West Virginia public schools.

Health education instruction frequently changes to reflect best practice based on current knowledge about diseases, health and wellness. By moving from a somewhat rigid learner outcome model to an instructional goal model, the health education program of study will allow multiple opportunities for students to master the knowledge and skills needed to live a healthy lifestyle.

RECEIVED

1992 SEP 17 PM 4:05

Title 126
LEGISLATIVE RULE
WEST VIRGINIA BOARD OF EDUCATION
CHAPTER 18-2
SERIES 44A (2520.06)

OFFICE OF WEST VIRGINIA
SECRETARY OF STATE

TITLE: PROPOSED HEALTH EDUCATION PROGRAM OF STUDY (INSTRUCTIONAL GOALS)

Section 1. GENERAL

- 1.1 Scope. This legislative rule constitutes the health education program requirements.
- 1.2 Authority. West Virginia Constitution Article XII, § 2, and West Virginia Code § 18-2-5.
- 1.3 Filing Date.
- 1.4 Effective Date.
- 1.5 Repeal of Former Rule. Policy 2520.06 is repealed and these regulations will replace the former.

Section 2. PURPOSE

The West Virginia Board of Education recognizes the critical linkage between health and education, and the importance of providing opportunities for students to develop and practice the skills needed to live healthy lives. Health education is a critical element of a comprehensive school health program and should be linked to these additional components: health services, school environment, child nutrition, physical education, school counseling, teacher/staff wellness and community involvement.

The Health Education Program is a K-12 sequence of related areas of study which constitute the subject matter to be offered in the public schools of West Virginia. The major areas of study within the health program are: personal health, growth and development, drugs and alcohol, consumer and environmental health, safety, nutrition, physical fitness and disease prevention.

Section 3. Early Childhood Education

The goal of the Health Education Program of Study in Early Childhood Education is to prepare students to assume responsibility for their own health and wellness. They need to begin to understand the relationships between certain health and hygiene practices and their own health status, and demonstrate the ability to make sound health choices. The local school district shall, therefore, provide multiple opportunities for students to:

- Know and understand the basic hygiene and health practices related to cleanliness, rest and exercise, dental health, and protection from the environment, and how these factors influence disease processes.
- Know and understand the relationships between food choices and exercise and health status including weight, fitness and health indicators such as blood cholesterol.
- Know the parts and functions of the different body systems, including the following: digestive, circulatory, respiratory, musculo-skeletal, and nervous.
- Understand and practice safety skills and demonstrate basic care for minor injuries.
- Understand the differences between drugs used for medicinal purposes and those that are unlawful and recognize the importance of correct medication usage.
- Recognize feelings, coping strategies, and personal relationships and how they affect emotions and self-concept.
- Recognize types of community health agencies and providers and demonstrate knowledge of consumer health issues.

Section 4. Middle Childhood Education

The goal of the Health Education Program of Study in Middle Childhood Education is to prepare students with the skills necessary to make wise health decisions that promote a healthy lifestyle in the following areas: development and personal health, safety, mental health and relationships, consumer and environmental health, drug use prevention, disease prevention, nutrition and fitness. The local school district shall, therefore, provide multiple opportunities for students to:

- Know and practice healthful behaviors which can prevent the majority of lifestyle related deaths, diseases, injuries and loss of quality of life.
- Identify and select appropriate health care resources.
- Compare the functions and interrelationships of body systems and demonstrate understanding of the physical and emotional aspects of pubescence.
- Demonstrate the ability to refuse pressures to engage in risk behaviors such as drug, tobacco or alcohol use, and sexual activity.
- Demonstrate appropriate coping skills as needed in peer, social and family relationships to benefit mental health.

Section 5. Adolescent Education

The goal of the Health Education Program of study in Adolescent Education is to assure that students master the skills necessary to make healthful decisions throughout the life span in the following areas: growth, development and personal health, safety, mental health and relationships, consumer and environmental health, drug use prevention, disease prevention, nutrition and fitness. The local school district shall, therefore, provide multiple opportunities for students to:

- Gain knowledge and skills that lead to an understanding of self and relationships with others across the life span, including demonstration of the ability to express emotions appropriately and show respect for others.
- Select appropriate health care providers and health care resources.
- Demonstrate peer pressure reversal skills to avoid risk behaviors that endanger current and future health status; including avoidance of drug, tobacco and alcohol use, and sexual activity that can result in disease transmission or pregnancy, as well as skills to avoid injury.
- Practice a healthy balance between activity, rest and nutrition intake.
- Demonstrate an understanding of the causes and methods for prevention of diseases and premature morbidity and mortality.
- Demonstrate the ability to apply basic first aid and cardiopulmonary resuscitation.
- Recognize the responsibilities of parenthood and demonstrate an understanding of factors to be considered in planning for parenthood, while demonstrating knowledge of available resources for parenting education and counseling.

HEALTH PROGRAM OF STUDY EARLY CHILDHOOD EDUCATION GOALS

The goal of the Health Education Program of Study in Early Childhood Education is to prepare students to assume responsibility for their own health and wellness. They need to begin to understand the relationships between certain health and hygiene practices and their own health status, and demonstrate the ability to make sound health choices. The local school district shall, therefore, provide multiple opportunities for students to:

- Know and understand the basic hygiene and health practices related to cleanliness, rest and exercise, dental health, and protection from the environment, and how these factors influence disease processes.
- Know and understand the relationships between food choices and exercise and health status including weight, fitness and health indicators such as blood cholesterol.
- Know the parts and functions of the different body systems, including the following: digestive, circulatory, respiratory, musculo-skeletal, and nervous.
- Understand and practice safety skills and demonstrate basic care for minor injuries.
- Understand the differences between drugs used for medicinal purposes and those that are unlawful and recognize the importance of correct medication usage.
- Recognize feelings, coping strategies, and personal relationships and how they affect emotions and self-concept.
- Recognize types of community health agencies and providers and demonstrate knowledge of consumer health issues.

HEALTH EDUCATION PROGRAM OF STUDY MIDDLE CHILDHOOD EDUCATION GOALS

The goal of the Health Education Program of Study in Middle Childhood Education is to prepare students with the skills necessary to make wise health decisions that promote a healthy lifestyle in the following areas: development and personal health, safety, mental health and relationships, consumer and environmental health, drug use prevention, disease prevention, nutrition and fitness. The local school district shall, therefore, provide multiple opportunities for students to:

- Know and practice healthful behaviors which can prevent the majority of lifestyle related deaths, diseases, injuries and loss of quality of life.
- Identify and select appropriate health care resources.
- Compare the functions and interrelationships of body systems and demonstrate understanding of the physical and emotional aspects of pubescence.
- Demonstrate the ability to refuse pressures to engage in risk behaviors such as drug, tobacco or alcohol use, and sexual activity.
- Demonstrate appropriate coping skills as needed in peer, social and family relationships to benefit mental health.

HEALTH EDUCATION PROGRAM OF STUDY ADOLESCENT EDUCATION GOALS

The goal of the Health Education Program of study in Adolescent Education is to assure that students master the skills necessary to make healthful decisions throughout the life span in the following areas: growth, development and personal health, safety, mental health and relationships, consumer and environmental health, drug use prevention, disease prevention, nutrition and fitness. The local school district shall, therefore, provide multiple opportunities for students to:

- Gain knowledge and skills that lead to an understanding of self and relationships with others across the life span, including demonstration of the ability to express emotions appropriately and show respect for others.
- Select appropriate health care providers and health care resources.
- Demonstrate peer pressure reversal skills to avoid risk behaviors that endanger current and future health status; including avoidance of drug, tobacco and alcohol use, and sexual activity that can result in disease transmission or pregnancy, as well as skills to avoid injury.
- Practice a healthy balance between activity, rest and nutrition intake.
- Demonstrate an understanding of the causes and methods for prevention of diseases and premature morbidity and mortality.
- Demonstrate the ability to apply basic first aid and cardiopulmonary resuscitation.
- Recognize the responsibilities of parenthood and demonstrate an understanding of factors to be considered in planning for parenthood, while demonstrating knowledge of available resources for parenting education and counseling.

RESPONSE FORM
 Health Education Instructional Goals
 Proposed Policy 2520.06
 Series 44

Directions: Please use this form in commenting by section on the proposed Health Education Instructional Goals.

NAME OF INDIVIDUAL/ORGANIZATION: _____

ADDRESS: _____

Policy Section	Comments and Suggestions
<u>Purpose</u>	
<u>Early Childhood</u>	
<u>Middle Childhood</u>	
<u>Adolescent Level</u>	
<u>Other</u>	

Please submit comments by November 1, 1992 to:

West Virginia Department of Education
 Lenore Zedosky, Assistant Director
 Office of Student Services and Assessment
 1900 Kanawha Boulevard, East, Room B-309
 Charleston, West Virginia 25305

IMPACT STATEMENTS

INSTRUCTIONAL

The Health Education Instructional Goals will emphasize the need for students to practice and acquire skills that will allow them to lead a healthy lifestyle. Instructional materials will be approved this year to coincide with the updated Health Education Program of Study.

LEADERSHIP

The Comprehensive School Health initiative currently underway in West Virginia has significantly increased awareness of the need for a planned, sequential health education program of study. The health care crisis in the state and nation clearly call for increased efforts in prevention.

STAFF DEVELOPMENT

Staff development opportunities related to comprehensive school health programs are available from a variety of sources. The West Virginia Department of Education manages several grant programs that provide funding for health education training including the AIDS Cooperative Agreement, Drug-Free Schools Act and the Nutrition Education Training Cadre. In addition, in cooperation with the West Virginia Bureau of Public Health, the West Virginia University School of Medicine and private agencies such as the American Heart Association and the American Lung Association of West Virginia, numerous opportunities are available for staff development.

ADMINISTRATION

Local education agencies are responsible for adopting and delivering health education curriculum based on the Instructional Goals and Objectives. Assistance in curriculum development and training can be provided by RESA comprehensive health coordinators and West Virginia Department of Education staff.