

# Health

Health Education courses in Anne Arundel County are focused on building health-literate students. Health literacy refers to the ability to obtain, interpret, and understand basic health information and services to maintain or improve their own health and health others. These comprehensive skills-based Health Education courses prepare students to become health-literate 21st Century learners as responsible members of society, self-directed learners, effective communicators, critical thinkers, and problem solvers.

Core health concepts include mental and emotional health, substance abuse prevention, family life and human sexuality,\* safety and violence prevention, healthy eating, and disease prevention and control. Skills Based Health Education supports and promotes health enhancing behaviors for all students. The health skills embedded in the units include analyzing influences, accessing information, interpersonal communication, decision making, goal setting, self-management, and advocacy.

*\*The Family Life and Human Sexuality unit was developed in accordance with the standards and procedures established in Maryland State Regulation 13A.04.18.01. Students may be excused from this unit of the program upon written request from their parent or guardian. Appropriate alternate instruction will be provided.*

## Health Graduation Requirement — 1.0 Credit\*

L70   <b>Health A</b>	0.5sem
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This course is designed for students to learn and demonstrate health skills necessary to maintain or improve health and wellness. The health skills include analyzing influences on health behaviors, accessing valid information, interpersonal communication, decision making, goal setting, advocacy, and practicing health enhancing behaviors. Through these health skills, students acquire functional knowledge about the following core health concepts: substance abuse prevention, family life and human sexuality,\* safety and violence prevention, healthy eating, and disease prevention and control.

L71   <b>Health B</b>	0.5sem
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This course will use the introductory instruction from Health A to expand on the development of skills, attitudes, and behaviors that will enable them to make decisions that promote healthy behaviors. Students will engage in inquiry and problem solving approaches utilizing a developmentally appropriate progression of content related to health education concepts.

**For students entering grade 9 in Fall 2021 and beyond**

L67   <b>Introduction to Health Professions</b>	0.5sem
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This course introduces students to professional health careers, medical terminology, and technology. Education and certification requirements for professional health careers are explored. Guest speakers provide work-based learning experiences.

**Prerequisite(s):** Health A

L75   <b>Human Sexuality</b>	0.5sem
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This is an advanced level course with an emphasis on promoting life enhancing health behaviors relating to one's sexuality. Content focus is on sexuality, decision making, relationships, protecting one's own health, human reproduction, and social issues.

**Prerequisite(s):** Health A and Parental/Guardian Permission Form to be obtained from School Counseling

L95   <b>Drugs in Society</b>	0.5sem
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This elective course will examine the issues related to use, misuse and abuse of tobacco, alcohol, and other drugs. Students will take an in-depth look at specific substances of abuse and explore methods of prevention, intervention, and treatment for addiction. An emphasis is placed on the skills needed to identify the impact of family, peers, culture, media, and technology on drug use behaviors; knowing how to access valid drug prevention information, use interpersonal communication, decision-making, goal setting, and advocacy skills to apply personal health enhancing practices.

**Prerequisite(s):** Health A