

PROGRAM GOALS

HEALTH EDUCATION

1. The student values wellness for self, family, associates, and society.
2. The student understands the nature, importance, and benefits of optimum mental health.
3. The student can make wise well-informed decisions concerning use of medicine and all other chemicals.
4. The student has a basic knowledge of human growth and development throughout the entire life span.
5. The student knows and can use basic personal care/self-care skills.
6. The student understands the relationship of food and nutrition to the maintenance of a health body and mind.
7. The student has the skills and knowledge needed to plan and enjoy the benefits of a personal fitness and wellness program.
8. The student knows principles of prevention and control of diseases that affect individuals and society.
9. The student is able to acquire and evaluate information needed to make sound decisions as a consumer of health related products and services.
10. The student knows purposes of community health programs and services, and the organizations that provide them.
11. The student has knowledge and skills relative to safe living, accident prevention, and modern first aid techniques.
12. The student relates health knowledge and skills to career goals and plans.