



# Health Education

in the

## Connecticut Technical High School System

*Goal: To help students understand and develop behaviors that promote lifelong health and wellness.*

### Why is the acquisition of health concepts and functional health knowledge important?

Health knowledge and skills will enable students to enhance their health, prevent disease and reduce health-related risk behaviors (American Association for Health Education, 2005).



No knowledge is more crucial than knowledge about health. Without it, no other life goal can be successfully achieved.

*Boyer, E.L. (The Carnegie Foundation for the Advancement of Teaching), 1983*

### What does Health Education look like in CTHSS?

CTHSS Health Education curriculum integrates health concepts and knowledge that address the physical, mental, emotional, and social dimensions of health in a developmentally appropriate 9-12 progression.

CTHSS Health Education teachers will help students to develop health literacy skills that will enable them to access, evaluate and use information to make plans and take actions that lead to a health and balanced lifestyle .

CTHSS Health Education teachers will create learning opportunities for students that include a variety of developmentally appropriate activities to impart:

- ↪ Basic knowledge of health concepts and skills
- ↪ Critical thinking and problem solving
- ↪ The use and analysis of health information from a variety of sources
- ↪ Effective communication
- ↪ Knowledge of advocacy for oneself, family, school and community

### How will CTHSS students be assessed and graded in Health Education?

CTHSS Health Education teachers will conduct ongoing assessments to include informal (writing samples, homework, journals, performance assessments, role playing, projects, discussions, in class assignments) and formal assessments (districtwide trimester assessments and end of course assessments, ). The purpose of these assessments is to provide a snapshot of how students are improving or what they need to work on. This will enable the CTHSS Health Education teachers to adjust instruction to meet student needs in working toward course goals as well as helping students to access course content and develop health literacy.

CTHSS Health Education teachers will provide a summative score of student achievement to be reported on the student's report card. This composite is a representation of a student's achievement level in acquiring the knowledge and skills required by the CTHSS Health Education curriculum to earn the required 1.0 credit for graduation.

#### Sources:

*Healthy and Balanced Living Curriculum Framework,*  
Connecticut State Department of Education

American Association for Health Education

