

Health Education Assessment Plan Rev. 4/3/2018

| Health Education   | 14-15 | 15-16 | 16-17 | 17-18 | 18-19 | 19-20 |
|--|-------|-------|-------|-------|-------|-------|
| <b>HLEDB1 - Principles of Health Education</b>   |       |       |       |       |       |       |
| • Upon completion of the course, the student will be able to will identify the strengths and weaknesses associated with wellness and investigate and apply the behaviors that can address current needs. |       |       |       | X     |       |       |
| • Upon completion the student will be able to:Students will demonstrate knowledge of basic nutrition and fitness principles to promote healthy lifestyle changes.  | X     |       | X     |       |       |       |
| • Upon completion the student will be able to:Students will identify and apply the physiological effects and health risks associated with drug, alcohol and tobacco use.                                 |       |       |       | X     |       |       |
| • Upon completion the student will be able to:Students will identify the risk factors pertaining to sexual behaviors and describe the means by which those risks can be minimized.                       |       |       |       | X     |       |       |
| • Upon completion the student will be able to:Students will identify the effects of the leading causes of death in America and apply behavioral changes to address their current needs.                  |       |       |       | X     |       |       |