

Board Approval Date: June 2012

Course Title: Health Education – Grade 11

Credit / Hours: Block scheduled with PE 11 (.5 credit)

Course Description:

Health Education is an introductory course that covers a variety of current teenage and adult health related topics. The course is aligned with the Health standards found within the PA State Standards for Health and Physical Education. Students will also be presented with the opportunity to receive the First Aid/CPR/AED training and certification through this class.

This course is delivered through the PLATO web based learning system. This course will provide all grade 11 students with interactive, online learning experience. Students will proceed through the course components at their own pace within the course timelines. The Health course is facilitated by the Lewisburg High School Health and Physical Education staff.

Learning Activities / Modes of Assessment:

Large Class activities
Small Group activities
Individualized Learning Tasks – Interactive web based activities
Project based learning
Online modules
Pretests/Posttests
Module Exams
Course Exam

Instructional Resources:

PLATO Online Learning Solution
Acceptable Internet sites
First Aid/CPR/AED training materials

Course Pacing Guide

Course Unit : Health Education-Grade 11

(Topic)	Length of Instruction (Days/Periods)
1. Personal Health, Nutrition and Fitness	10 modules
2. Preventing Diseases and Injury	4 modules
3. Growth, Development and Sexuality	4 modules
4. Substance Abuse	5 modules
5. Mental Health and Community Health Issues	8 modules
6. Health Course Project	