

HEALTH

Requirement area: **Health**

Course code: VHE209

Grade Level: 9, 10, 11, 12

Prerequisite: None

Length: 1 semester (0.5 credit)

Homework: 1 hour per week

Description: A one-semester course designed to explore and discuss health and wellness fundamentals and emerging issues. This class will encourage students to make personal choices which promote a healthy lifestyle. Topics covered include mental health and illness, emotional health, stress management, harassment and violence, food and nutrition, drug education, human sexuality including HIV/AIDS and First Aid/CPR. Students will have an opportunity to earn CPR/First Aid certification at an additional cost to the student.