

HEALTH EDUCATION

<u>COURSE TITLE</u>	<u>UNITS</u>	<u>GRADES OFFERED</u>
<i>Required</i>		
Health 9	.3	9
Health 12	.2	12

<u>COURSE TITLE</u>	<u>UNITS</u>	<u>GRADES OFFERED</u>
<u>Electives</u>		
C.P.R./First Aid	.1	10 11 12
E.M.R. (BHS)	.5	10 11 12
E.M.T.	1.0	10 11 12
Wellness in the 21 st Century	.5	11 12

Health 9 **.3 Unit, 3 Periods (1/2 year)**
 Students will be required to pass for graduation a one semester, comprehensive health course. Focus will be on examination of lifestyles and making responsible decisions leading to the total wellness of the individual and family. Topics will include, but are not limited to, substance abuse, HIV/AIDS prevention education, family living, nutrition, consumer information, and stress and coping skills. Wellness integration with physical education will be linked with the following topics: nutrition and exercise, body composition, weight control, and exercise and stress management.

Health 12 **.2 Unit, 2 Periods (1/2 year)**
 Students will be required to pass for graduation an interdisciplinary course relating to current health issues and concerns. Focus will be on decision making and life skills as they apply to adolescent and adult health topics. Topics will include, but are not limited to, lifestyles, substance use/abuse, sexuality, family living, diseases, suicide prevention, death and dying, and other health concerns.

E.M.R. (Grades 10-12) (BHS) **.5 Unit, 5 Periods (1/2 Year)**
 This elective course is designed to train students to be Emergency Medical Responder (first responders). Students will learn skills of first aid and C.P.R. as well as defibrillation. There will be training in lifting and moving, airway and oxygen adjuncts, medical and trauma emergencies, childbirth, infants, and children.
Prerequisite: Must be 16 years of age. The course will follow state and national guidelines. Completion of the course requirements and standards can lead to E.M.R. certification (must be 16 years of age). A small book/certification fee may be required. This course may be available for credit in the evening through the Stratford Volunteer EMS Association.

E.M.T. (Offsite) **1 Unit, 2 nights/week (1/2 Year)**
 This elective course is designed to train students to be emergency medical technicians (ambulance workers). Students will learn skills of advanced first-aid and CPR as well as defibrillation. The training includes: patient assessment, lifting and moving, airway and oxygen adjuncts, medical and trauma emergencies, childbirth, infants, children and geriatrics and EMS operations. There are also clinical opportunities at Bridgeport and St. Vincent’s hospitals and ambulance observation with Stratford EMS.
Prerequisite: This course is offered for a tuition fee in the evenings, offsite.

Wellness in the 21st Century **.5 Unit, 5 Periods (1/2 Year)**
 Students may choose the “Wellness” course in their Junior or Senior year. This course will combine health and physical education by having two days a week in the classroom and three days a week in the gymnasium. The major topics to be covered are fitness, nutrition, and stress management. The course will provide instruction in knowledge, experiences and skills needed to promote wellness for individuals and society. Students will learn about and participate in a variety of activities, self-assessments and unique program planning. **Prerequisite: none.**