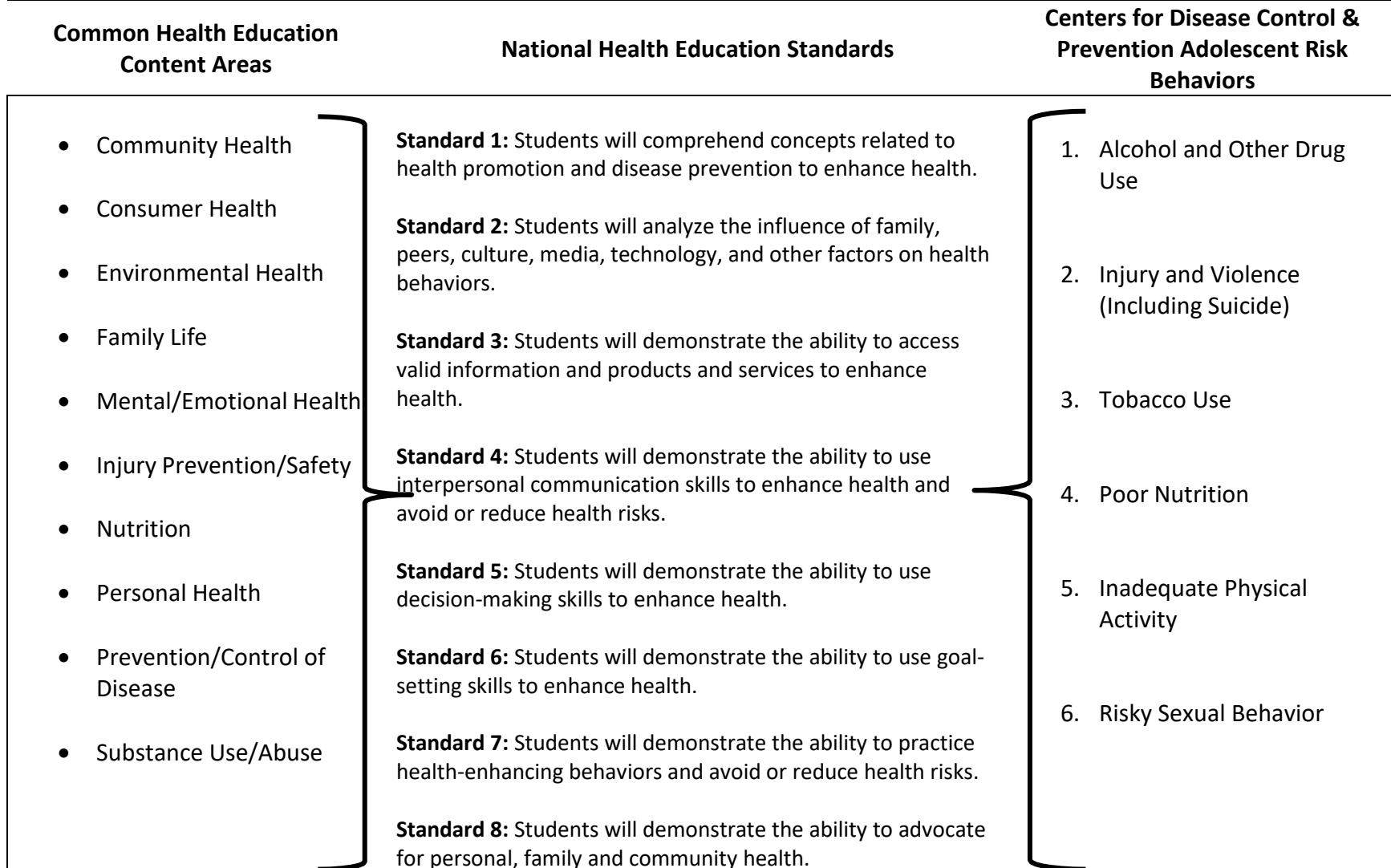


# Appendix A Relationship of Common Health Education Areas



The relationship of common health education content and CDC Adolescent Risk Behaviors to the National Health Education Standards.

Source: *National Health Education Standards Achieving Excellence* by Joint Committee on National Health Education Standards [American Cancer Society, 2002] Second edition

# Appendix B GRADUATION REQUIREMENTS

## MOUNTAIN BROOK HIGH SCHOOL GRADUATION REQUIREMENTS

Standard Diploma		
Beginning with the class of 2017, in order to earn an Alabama High School Diploma from Mountain Brook High School, students must take a course which includes an online experience AND meet the following requirements:		
English Language Arts	<b>Four credits to include the equivalent of:</b>	<b>Credits</b>
	English 9	1
	English 10	1
	English 11	1
	English 12	1
<b>English Language Arts Total Credits</b>		<b>4</b>
Mathematics	<b>Four credits to include the equivalent of:</b>	<b>Credits</b>
	Algebra I	1 or 2
	Geometry	1
	Algebra II	1
	Additional Math Course	1
<b>Mathematics Total Credits</b>		<b>4</b>
Science	<b>Four credits to include the equivalent of:</b>	<b>Credits</b>
	Biology	1
	A Physical Science Course	1
	Additional Science Courses	2
<b>Science Total Credits</b>		<b>4</b>
Social Studies	<b>Four credits to include the equivalent of:</b>	<b>Credits</b>
	World History	1
	United States History	2
	Government	0.5
	Economics	0.5
<b>Social Studies Total Credits</b>		<b>4</b>
<b>Physical Education</b>		<b>1</b>
<b>Health Education</b>		<b>0.5</b>
<b>Career Preparedness</b>		<b>1</b>
<b>Career Technical Course, Fine Arts, or Foreign Language*</b>		<b>3</b>
<b>Electives</b>		<b>2.5</b>
<b>Total Credits</b>		<b>24</b>

\*Three courses must be from Career Technical Education, Fine Arts, or Foreign Language, either all from one area or any combination of the three.

# MOUNTAIN BROOK HIGH SCHOOL GRADUATION REQUIREMENTS

Advanced Diploma		
Beginning with the class of 2017, in order to earn an Advanced Alabama High School Diploma from Mountain Brook High School, students must take a course which includes an online experience AND meet the following requirements:		
	<b>Four credits to include the equivalent of:</b>	<b>Credits</b>
<b>English Language Arts</b>	English 9	1
	English 10	1
	English 11	1
	English 12	1
<b>English Language Arts Total Credits</b>		<b>4</b>
	<b>Four credits to include the equivalent of:</b>	<b>Credits</b>
<b>Mathematics</b>	Algebra I	1
	Geometry	1
	Algebra II with Trigonometry	1
	Additional Math Course	1
<b>Mathematics Total Credits</b>		<b>4</b>
	<b>Four credits to include the equivalent of:</b>	<b>Credits</b>
<b>Science</b>	Biology	1
	Chemistry or Physics	1
	Additional Life and/or Physical Science Courses (1 credit at a higher level)	2
<b>Science Total Credits</b>		<b>4</b>
	<b>Four credits to include the equivalent of:</b>	<b>Credits</b>
<b>Social Studies</b>	World History	1
	United States History	2
	Government	0.5
	Economics	0.5
<b>Social Studies Total Credits</b>		<b>4</b>
<b>Physical Education</b>		<b>1</b>
<b>Health Education</b>		<b>0.5</b>
<b>Fine Arts</b>		<b>1</b>
<b>Career Preparedness</b>		<b>1</b>
<b>Career Technical Course, Fine Arts, or Foreign Language</b>		<b>1</b>
<b>Foreign Language**</b>		<b>2</b>
<b>Electives</b>		<b>2.5</b>
<b>Total Credits</b>		<b>25</b>

\*\*Two Foreign Language credits must be consecutive in the same language.

# MOUNTAIN BROOK HIGH SCHOOL GRADUATION REQUIREMENTS

Advanced Diploma with Honors		
<b>Beginning with the class of 2017, in order to earn an Advanced Alabama High School Diploma with Honors from Mountain Brook High School, students must take a course which includes an online experience AND meet the following requirements:</b>		
<b>English Language Arts</b>	<b>Four credits to include the equivalent of:</b>	<b>Credits</b>
	English 9	1
	English 10	1
	English 11	1
	English 12	1
<b>English Language Arts Total Credits</b>		<b>4</b>
<b>Mathematics</b>	<b>Four credits to include the equivalent of:</b>	<b>Credits</b>
	Algebra I	1
	Geometry	1
	Algebra II with Trigonometry	1
	Pre-Calculus or Equivalent	1
<b>Mathematics Total Credits</b>		<b>4</b>
<b>Science</b>	<b>Four credits to include the equivalent of:</b>	<b>Credits</b>
	Biology	1
	Chemistry or Physics	1
	Additional Life and/or Physical Science Courses (2 credits at a higher level)	2
<b>Science Total Credits</b>		<b>4</b>
<b>Social Studies</b>	<b>Four credits to include the equivalent of:</b>	<b>Credits</b>
	World History	1
	United States History	2
	Government	0.5
	Economics	0.5
<b>Social Studies Total Credits</b>		<b>4</b>
<b>Physical Education</b>		1
<b>Health Education</b>		0.5
<b>Fine Arts</b>		1
<b>Career Preparedness</b>		1
<b>Career Technical Course, Fine Arts, or Foreign Language</b>		1
<b>Foreign Language**</b>		3
<b>Electives</b>		2.5
<b>Total Credits</b>		<b>26</b>

\*\*Three Foreign Language credits must be consecutive in the same language.

# Resources

AIDS (Acquired Immune Deficiency Syndrome) - <https://www.cdc.gov/nchhstp/>

Alabama Champions for Healthy, Active Schools - <http://alabamapublichealth.gov/npa/alabama-champions-schools.html>

Alabama Department of Public Health - <http://alabamapublichealth.gov/>

Alabama Learning Exchange (ALEX) - <https://www.alex.state.al.us/>

Alabama State Alliance of Health, Physical Education, Recreation, and Dance (ASAHPERD) - <https://www.asahperd.org/>

Alabama State Nurses Association - <https://alabamanurses.org/>

Al-Anon and Alateen - [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

All In - <http://www.allinmountainbrook.org/>

Alliance for Strong Families and Communities - [www.alliance1.org](http://www.alliance1.org)

American Association for Health Education - <http://www.aahperd.org/AAHE/>

American Association of Anorexia Nervosa and Associated Disorders - [www.anad.org](http://www.anad.org)

American Association of Poison Control Centers - <http://www.aapcc.org>

American Association of Suicidology - [www.suicidology.org](http://www.suicidology.org)

American Burn Association - [www.ameriburn.org](http://www.ameriburn.org)

American Cancer Society - <https://www.cancer.org/>

American Dental Association - <http://ada.org>

American Diabetes Association - <http://www.diabetes.org/>

American Dietetic Association - <http://www.eatright.org>

American Foundation for Suicide Prevention - [www.afsp.org](http://www.afsp.org)

American Heart Association – [www.heart.org](http://www.heart.org)

American Lung Association - <http://www.lung.org/>

American Psychological Association (APA) - [www.apa.org](http://www.apa.org)

American Public Health Association - <http://www.apha.org>

American Red Cross - <http://www.redcross.org>

American Stroke Association - [www.StrokeAssociation.org](http://www.StrokeAssociation.org)

Association for Supervision and Curriculum Development - <http://www.ascd.org/Default.aspx>

Better Business Bureau - [www.bbb.org](http://www.bbb.org)

Bicycle Helmet Safety Institute - [www.bhsi.org](http://www.bhsi.org)

Boys and Girls Town - <https://www.girlsandboystown.org.za/>

BrainPOP - <https://www.brainpop.com/>

Bullying - <https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/index.html>

Center on Birth Defects and Developmental Disabilities - [www.cdc.gov/ncbddd](http://www.cdc.gov/ncbddd)

Centers for Disease Control and Prevention (CDC) - <http://www.cdc.gov/>

Child Nutrition and WIC Reauthorization Act of 2004 - <https://www.govtrack.us/congress/bills/108/s2507>

Common Sense Media - <https://www.common Sense Media.org/>

Crisis Text - <https://www.crisistextline.org/>

Cybersmart! Education (2018) - Retrieved from: <http://www.cybersmart.org>

GO ASK Alice! Columbia University's Health Question and Answer Internet Service - <http://www.goaskalice.columbia.edu>

Healthy People - <http://www.health.gov/healthypeople>

Health and Human Services, U. S. Dept. of Health and Human Services - <http://www.hhs.gov>

Kids Health - <http://www.kidshealth.org>

Kids Health – Choking - <https://kidshealth.org/en/kids/choking.html?WT.ac=ctg#cater>

Kids Health - Treatment for Sickness - <https://kidshealth.org/en/kids/ill-injure/#cater>

Mothers Against Drunk Driving - [www.madd.org](http://www.madd.org)

My Fitness Pal - <https://www.myfitnesspal.com/>

MyPlate - <https://www.choosemyplate.gov/>

National Adoption Center - [www.adopt.org](http://www.adopt.org)

National Association for Self Esteem - [www.self-esteem-nase.org](http://www.self-esteem-nase.org)

National Association of School Nurses - [www.nasn.org](http://www.nasn.org)

National Center for Homeless Education at SERVE Helpline - [www.serve.org/nche](http://www.serve.org/nche) -1-800-308-2145

National Council of Alcoholism and Drug Dependence - [www.ncadd.org](http://www.ncadd.org)

National Federation of Families for Children's Mental Health - [www.ffcmh.org](http://www.ffcmh.org)

National Health Council - [www.nhcouncil.org](http://www.nhcouncil.org)

National Institute of Drug Abuse - [www.nida.nih.gov](http://www.nida.nih.gov)

National Institutes of Health - <https://www.nih.gov/>

National Institute of Mental Health (NIMH) - [www.nimh.nih.gov](http://www.nimh.nih.gov)

National Sexual Assault Hotline (free) - [www.rainn.org](http://www.rainn.org)

National Suicide Prevention Lifeline - [www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org) -1-800-273-8255

Nutrition - <https://www.nutrition.gov/>

Overeaters Anonymous - [www.aa.org](http://www.aa.org)

Overweight and Obesity- [www.cdc.gov/obesity](http://www.cdc.gov/obesity)

Safe Kids Worldwide - [www.safekids.org](http://www.safekids.org)

SAVE - Suicide Awareness Voices of Education <http://save.org>

SHAPE America (Society of Health and Physical Educators) - [www.shapeamerica.org](http://www.shapeamerica.org)

Smart Social - <https://smartsocial.com/>

Smokefree - [www.smokefree.gov](http://www.smokefree.gov)

United State Department of Agriculture - <https://www.usda.gov/>

United States Food and Drug Administration - [www.fda.gov](http://www.fda.gov)

Whole School, Whole Community, Whole Child - <https://www.cdc.gov/healthyyouth/wsc/>

World Health Organization (WHO) - <http://www.who.int>

Youth Risk Behavior Survey (YRBS) - <https://www.cdc.gov/features/yrbs/index.html>

## Glossary

**Abstinence** - self-enforced restraint from indulging in bodily activities that are widely experienced as giving pleasure. Most frequently, the term refers to sexual abstinence or abstinence from alcohol, drugs, or food.

**Acquired immunodeficiency syndrome (AIDS)** - A chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV). By damaging the immune system, HIV interferes with the body's ability to fight the organisms that cause disease.

**Acute disease** - Disease lasting for a short time but may begin rapidly and have intense symptoms. Acute diseases can be mild, severe, or even fatal.

**Addiction** - A primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social, and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.

**Advocate** - A person who publicly supports or recommends a particular cause or policy.

**Age of consent** - The ages below which a minor is considered to be legally incompetent to consent to sexual acts. Age of consent laws vary widely from jurisdiction to jurisdiction, though most jurisdictions set the age of consent in the range 14 to 18. Alabama statutory rape law is violated when an individual over age **18** (or **16** or older if the victim is at least 2 years younger than the offender) engages in sexual intercourse with a person over the age of **12** and under age **16**.

**Anchor standard** - Standards that contain the minimum required content to be taught and students must master to pass a course.

**Automated external defibrillator (AED)** - A portable electronic device that automatically diagnoses the life-threatening cardiac arrhythmias of ventricular fibrillation and pulseless ventricular tachycardia, and is able to treat them through defibrillation (the application of electricity) which stops the arrhythmia.

**Body mass index (BMI)** - A person's weight in kilograms (kg) divided by his or her height in meters squared. The National Institutes of Health (NIH) now defines normal weight, overweight, and obesity according to BMI rather than the traditional height/weight charts. Overweight is a BMI of 27.3 or more for women and 27.8 or more for men.

**Bullying** - Use of superior strength or influence to intimidate someone, typically to force him or her to do what one wants.

**Centers for Disease Control and Prevention (CDC)** - Primary federal agency responsible for protecting the health of residents of the United States through health promotion; prevention of disease, injury, and disability as well as preparedness for new health threats.

**Chronic disease** – A disease lasting three months or more, by the definition of the U.S. National Center for Health Statistics. Chronic diseases generally cannot be prevented by vaccines or cured by medication, nor do they just disappear.



**Communicable disease** – A disease that is spread from one person to another through a variety of ways that include contact with blood, bodily fluids, breathing in an airborne virus, or by being bitten by an insect.

**Conflict resolution** - The methods and processes involved in facilitating the peaceful ending of conflict without retribution.

**Content standard** - Statements that define what students should know and be able to do at the conclusion of a course or grade.

**Cardio-Pulmonary Resuscitation (CPR)** - A procedure to support and maintain breathing and circulation for a person who has stopped breathing (respiratory arrest) and/or whose heart has stopped (cardiac arrest).

**Cyberbullying** - The use of technology to harass, threaten, embarrass, or target another person. By definition, it occurs among young people. When an adult is involved, it may meet the definition of cyber-harassment or cyberstalking, a crime that can have legal consequences and involve jail time.

**E-cigarette** - A handheld electronic device that simulates the feeling of tobacco smoking. It works by heating a liquid to generate an aerosol, commonly called a “vapor,” that the user inhales.

**Emotional health** - An important part of overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors.

**Empathy** - The ability to understand and share the feelings of another.

**Fallacy** - A false or mistaken idea.

**First aid** - Initial care given to a sick or injured person until full medical treatment is available.

**Harassment** – Ongoing torment often known as bullying that creates an unpleasant or hostile situation by uninvited and unwelcome verbal or physical conduct.

**Health literacy** - Capacity of an individual to obtain, interpret, and understand basic health information and services, including the competence to use such information and services in health-enhancing ways.

**Healthful living** - Daily activities and competencies that demonstrate resilience and actions that enhance health, quality of life, disease prevention, and avoidance of risk behaviors that contribute to injury, illness, and premature death.

**Health risk behaviors** - Six priority health behaviors identified by the Centers for Disease Control, which are linked to the leading causes of illness and death among Americans. The six priority behaviors are behaviors that contribute to unintentional injuries and violence, sexual behaviors that lead to unwanted pregnancies or sexually transmitted diseases, alcohol or drug use, tobacco use, unhealthy dietary behaviors, and inadequate physical activity.

**Health screenings** - Medical and biometric tests that are offered to a group, or population, for the purpose of detecting or ruling out the presence of diseases, conditions, and general health risks.

**Health promotion** - The process of enabling people to increase control over and improve their health. It moves beyond a focus on individual behavior through a wide range of social and environmental interventions.

**Human immunodeficiency virus (HIV)** - The virus that can lead to acquired immunodeficiency syndrome, or AIDS, if not treated. HIV can be transmitted through unprotected sexual activity, contaminated needles, breast milk, and transmission from an infected mother to her baby at birth.

**Human trafficking** - The trade of humans for the purpose of forced labor, sexual slavery, or commercial sexual exploitation for the trafficker or others.

**Ideation** - The capacity for or act of forming or entertaining ideas.

**Interpersonal communication** - An exchange of information between two or more people to convey appropriate and effective verbal and nonverbal information; the expression of needs and ideas to develop and maintain healthy relationships.

**Interrelationship** – The way in which each of two or more things is related to the other or others.

**Life skills** - Abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of life. Examples are communication, cooperation, decision making, handling criticism, and information technology.

**Mental health** - A person's condition with regard to their psychological and emotional well-being.

**MyPlate** - Current nutrition guide published by the United States Department of Agriculture Center for Nutrition Policy and Promotion that depicts a place setting with a plate and glass divided into five food groups. It replaced the USDA's MyPyramid guide on June 2, 2011, ending 19 years of USDA food pyramid diagrams. The five food groups are fruits, grains, protein, vegetables, and dairy.

**Nonverbal communication** - Communication that does not involve verbal communication but may include gestures, facial expressions, body language, and touch.

**Obesity** - A condition characterized by the excessive accumulation and storage of fat in the body.

**Peer pressure** (or social pressure) - The direct influence on people by peers, or the effect on an individual who gets encouraged to follow their peers by changing attitudes, values, or behaviors to conform to those of the influencing group or person.

**Reliable** - Consistently good in quality or performance; able to be trusted.

**Refusal skills** - Methods and strategies for saying “no” which can help to avoid situations a person doesn't want to be a part of, or prevent a recovering addict from relapsing.

**Rest, Ice, Compression, and Elevation (RICE)** - The RICE treatment is recommended by health professionals for the early treatment of bone injury or acute soft tissue injuries such as a sprain or strain.

**Risky behaviors** - Ill-advised practices and actions that are potentially detrimental to a person's health or general well-being.

**Screen time** - Time spent using a device such as a phone, computer, television, or games console.

**Self-directed learners** - Learner takes responsibility for their learning, choosing the content, resources, time, place, activities, and pace of their learning.

**Sexting** - Sending, receiving, or forwarding sexually explicit messages, photographs, or images, primarily between mobile phones, of oneself or other individuals to another person or group. The State of Alabama does not have a specific sexting statute. Teenagers caught sending or receiving explicit images of a minor, including images of themselves, could be prosecuted under the state's child pornography laws, obscenity laws, or material harm to minors law.

**Sexual health** – A state of physical, emotional, mental and social well-being in relation to sexuality.

**Sexually transmitted diseases (STDs)** - Any diseases or infections that can be transmitted by direct sexual contact such as syphilis, gonorrhea, chlamydia, and genital herpes chiefly spread by sexual means. Others such as hepatitis B and AIDS are often contracted by nonsexual means.

**Social health** - The ability to form satisfying interpersonal relationships with others, to adapt comfortably to different social situations and act appropriately in a variety of settings.

**Stress** - A state of mental tension caused by problems in life, school, work, etc., that result in strong feelings of worry or anxiety which affect mental, emotional, physical tension, strain, or distress.

**Valid** - Legally sound, effective, or binding; having legal force; having a sound basis in logic or fact; reasonable or cogent.

**Vape/Vaping** - Inhale and exhale the vapor produced by an electronic cigarette or similar device.

**Verbal communication** - The use of sounds and words to express ideas and emotions.

**Wellness** - An active process of becoming aware of and making choices toward a healthy, fulfilling life.

**Whole School, Whole Community, Whole Child (WSCC) model** - An expansion and update of the Coordinated School Health (CSH) approach that focuses its attention on the child, emphasizes a school-wide approach, and acknowledges learning, health, and the school as being a part and reflection of the local community.

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