



HONORS LEVEL HEALTHFUL LIVING COURSES

The North Carolina Alliance for Athletics, Health, Physical Education, Recreation, and Dance (NCAAHPERD)

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ncaahperd.org

ENSURE HEALTHY, ACTIVE, AND COMPETITIVE NORTH CAROLINIANS

A Honors Level Healthful Living Course:

- Challenges students who typically excel in regular classes and engages teachers
- Prepares young minds for careers in health, education, and human services — areas of Allied Health — the *fastest growing* employment sector in North Carolina and beyond

CURRICULUM ALREADY PREPARED AND READY TO IMPLEMENT AS EARLY AS THE 2011-2012 SCHOOL YEAR

Seamless integration with the Standard Course of Study

- Curriculum designed by the NC Department of Public Instruction Honors Course Staff
- Implementing a Honors Level Healthful Living Course keeps NC on the leading edge of public education

IMMEDIATE BENEFITS

- More active class room experience and work-based learning opportunities
- Integration of both core and technical instruction
- Stimulates students in a diverse, college-prep curriculum involving a rich skill set which includes:
 - Scholarly Research
 - Critical Analysis and Application
 - Creative Expression
 - Application of Theory
 - Debate and Communication Skills
 - Reflective Thinking
 - Problem Solving and Problem-Seeking
 - Dynamic, Constructive Criticism

CAREER PATHS ORIGINATING FROM A HEALTHFUL LIVING HONORS COURSE

- Exercise Physiologist
- Nutrition Specialist
- Epidemiologist
- Public Health Educator
- Sports Psychologist
- Physical Therapist
- Occupational Therapist
- K-12 Health and Physical Educator

EDUCATORS AND SCHOOL ADMINISTRATORS STATEWIDE NEED YOUR SUPPORT

With allied health jobs in high demand, North Carolina students must stay competitive!

- *Arcelia Jeffreys, Associate Professor of Physical Education and Recreation, NC Central University*

Healthful living is the one of the last remaining courses of study in which an honors level isn't provided. This is an incredible disservice to our brightest students, who receive lower GPA's due to the lesser grade weight when taking healthful living, even if they receive an A!!

- *Charlotte Williams, School Health Coordinator, Rockingham County Schools*

With North Carolina being the fifth worst nation in regards to childhood obesity, we need to make every effort to educate our students with regards to the importance of good health, physical activity, and wellness choices . . . Having an Honors Curriculum in High School for Healthful Living would allow more students to focus on the health careers that will change lives

- *Nancy Hoover, Physical Education & Health Program Specialist, Winston-Salem/Forsyth County Schools*

Every educator is searching for ways to engage and enrich a student's learning experience. An Honors Level Healthful Living Course would certainly help our states K-12 health and physical educators accomplish this challenge.

- *Freddie Lee Heath, Health, Dance, and Physical Educator, Wake County Schools*

ABOUT NCAAHPERD

NCAAHPERD is an alliance of North Carolina's Athletics, Health, Physical Education, Recreation, and Dance Professionals. Established in 1921, the organization provides professional development/continuing education, networking opportunities, and advocacy initiatives for more than 3,000 members. In 2007, NCAAHPERD launched the In-School Prevention of Obesity and Disease (IsPOD) Program. Learn more at ncaahperd.org/about

