

High School Healthy Lifestyles Course Frequently Asked Questions

1. Why was the Healthy Lifestyles course developed?

As part of the District's health initiatives vision and in response to the graduation changes that took effect in September 2009 due to House Bill 3 requirements, the Healthy Lifestyles course was developed to ensure that all students obtain the knowledge and skills to make healthy lifestyle decisions for a lifetime.

2. Who is required to take Healthy Lifestyles?

All students will be required to take the Healthy Lifestyles course for graduation beginning with the 2010-2011 incoming freshmen class (Board Policy EIF Local).

3. When should the Healthy Lifestyles course be taken?

The Healthy Lifestyles course is primarily designed as a freshmen course. Freshmen entering in 2010-2011 will have the option to take the course during their freshmen or sophomore year.

4. What graduation credit does a student obtain for completing the Healthy Lifestyles course?

Depending on the graduation plan, the student will receive:

Recommended Plan: 0.5 state elective credit for Health & 0.5 graduation credit for Physical Education (Foundations of Personal Fitness).

Minimum & Distinguished Plans: 0.5 graduation credit for Health and 0.5 graduation credit for Physical Education (Foundations of Personal Fitness).

5. Why is NEISD still requiring students to take Health when the State has ruled students are no longer required to take Health for graduation?

- 1) The only graduation plan that is no longer required to take Health is the recommended plan. The minimum and distinguished plans must still take 0.5 Health and 1.5 of Physical Education to meet their graduation plan. *State Board of Education is discussing changes to the distinguished and minimum graduation plans, but a ruling is not expected until January 2010.
- 2) The Healthy Lifestyles course is a local requirement that allows students to obtain 0.5 Physical Education and 0.5 of Health. Based on current graduation plans, students are required to obtain:
 - i. Minimum Plan: 0.5 Health and 1.5 Physical Education
 - ii. Recommended Plan: 1.0 Physical Education
 - iii. Distinguished Plan: 0.5 Health and 1.5 Physical Education

6. The Healthy Lifestyles course is set-up as Healthy Lifestyle I and Healthy Lifestyles II. Do students have to take both to meet NEISD graduation requirements?

Yes, in order to obtain full credit, students must take Healthy Lifestyles I and II. The students should be scheduled to take the course consecutively and in order due to the course design.

7. Why is Healthy Lifestyles set-up as two separate parts if students have to take both parts to meet NEISD graduation requirements?

Students are obtaining a 0.5 Health and 0.5 Physical Education credit for the course. However, two separate PEIMS numbers cannot be assigned to one course number. By breaking the course into two separate, required parts (course numbers), students are able to obtain both credits to meet graduation requirements regardless of their graduation plan – minimum, recommended or distinguished.

8. Is Healthy Lifestyles considered for rank?

Yes, Healthy Lifestyles is considered for rank because it is required for graduation.

9. What will the course format look like and what activities might the student participate in?

Students, depending on the content being covered, may spend 3 days in the classroom covering health concept information and 2 days in an activity setting participating in activities such as fast walking using pedometers, walking/jogging using heart rate monitors, intro to weight training, or yoga.

10. Are freshmen athletes able to take the Healthy Lifestyles course and have an athletic period during the regular school day?

Yes, the University Interscholastic League (UIL) has sanctioned the Healthy Lifestyles course as a Health course, not a Physical Education course. Therefore, athletes taking the Healthy Lifestyles course will not be in conflict with the UIL rule stating that athletes may not participate in two physical education courses during the regularly scheduled school day.

11. Why does a student who is active in a State approved physical education substitution course have to take Healthy Lifestyles?

The Healthy Lifestyles course is designed as a Health course with Physical Education, not activity, as an integral part of the program. Students will obtain vital information such as nutrition, risk factors, disease management, environmental health issues, human sexuality and abstinence education, and physical activity. Physical activity is an intricate part of Healthy Lifestyles and students will obtain knowledge and skills to develop personal fitness programs as part of their healthy lifestyle for a lifetime. The course is not designed to improve a student's fitness levels, but rather provide them the knowledge and skills to understand the five components of physical activity and the implementation of those components into their own personal fitness plans. Concepts such as how to develop a cardiovascular activity plan for daily maintenance versus marathon training and the variety of activities that can help you reach your goals will be introduced through this course.

12. What if a student transfers to NEISD as a sophomore or older during the 2010-2011 school year and has not taken the Healthy Lifestyles course?

The student would not be required to take the Healthy Lifestyles course. Healthy Lifestyles is required for graduation for all incoming freshmen beginning with the 2010-2011 school year. The student would be required to obtain a 0.5 Health and 1.5 Physical Education credits for graduation (EIF Local).

13. Will Healthy Lifestyles be offered as a summer course for acceleration purposes?

Yes, Healthy Lifestyles will be offered during the summer of 2011. It does not need to be offered in the summer of 2010 because 8th grade students entering high school are not allowed to take summer school courses for high school credit. Since the course begins with incoming freshmen in 2010-2011, the first time it will be offered is the summer of 2011.

14. What are the course numbers for Healthy Lifestyles?

Healthy Lifestyles I – 7107

Healthy Lifestyles II – 7108

15. Where can I go for more information?

Visit http://teacher.neisd.net/sports_new/PE/HealthyLifestyles.htm for a course description, board policy and other related information.