

Benefits of Health, Physical Education and Family, and Consumer Sciences

Health Education

- prepares students to meet the challenges of healthy living
- focuses on the whole person
- requires collaboration of home, school, and community
- provides knowledge and skills to enable individuals to make responsible and informed decisions and adapt and maintain healthy behaviors
- prepares students to obtain, interpret, and understand basic health information and services
- prepares students to meet the challenge of healthy living
- focuses on all aspects of health and well-being—physical, mental, emotional, and social
- provides knowledge, motivation, and skills.

Physical Education

- counteracts major risk factors of heart disease (high blood pressure, obesity, and sedentary lifestyles)
- improves muscular strength, flexibility, and endurance
- improves self-confidence, self-esteem, and self-control
- teaches children to follow rules and established procedures
- develops motor/movement skills
- helps release tension and anxiety, and increases bone density
- promotes a positive, lifelong attitude toward physical activity
- provides opportunities for students to acquire and demonstrate social skills, cooperative skills, diligent work habits, respect for others, and integrity.

Family and Consumer Sciences

- prepares individuals to be competent, confident, and responsible in managing personal, family, and career lives
- provides individuals with knowledge and skills in:
 - Personal Resource Management
 - Family and Human Development
 - Early Childhood Education
 - Nutrition and Food Preparation
 - Clothing and Design
 - Housing and Environment
 - Consumerism and Financial Management
 - Career Awareness and Planning
 - Parenting and Care Giving
- helps students meet challenges of daily living
- provides laboratory experiences that foster leadership and group skills.