

Why Teach Health Education, Physical Education, and Family and Consumer Sciences?

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reasons:

- to maintain health-related fitness
- to contribute to character development
- to explore individual talents and interests
- to acquire social and personal management skills
- to offer opportunities for team effort and cooperation
- to participate successfully in the workplace, community, and family



Each discipline makes a unique contribution to the development of the whole child. Together the disciplines mutually reinforce a comprehensive approach to personal well-being and managing one's life. They promote a responsible perspective for personal, family, and community life as well as career development.

The benefits for students are enhanced when professional staff in these three disciplines coordinate their efforts to provide a sequential, integrated course of study

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The Family and Consumer Sciences National Standards reflect the vision of the discipline which states that individuals and families across the life span are empowered to manage the challenges of living and working in a diverse, global society and that the unique focus is on families, work, and their interrelationships. They address the essential living competencies that all individuals need for functioning in this society.

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