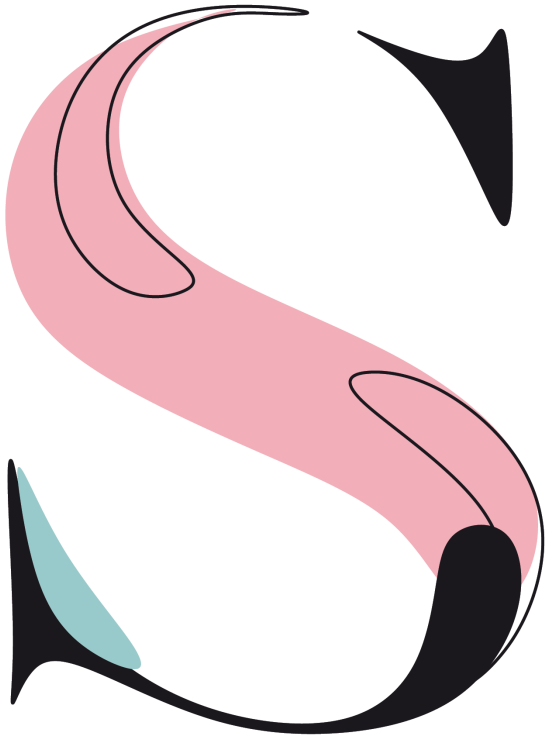
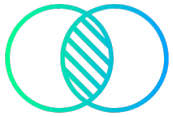


STANDARDS

HEALTH EDUCATION TODAY



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Health Education Today's High School Health Curriculum:
Aligned with **all** Nebraska's Regulatory High School Health Instruction Requirements

Nebraska Department of Education Rule 10 & Neb. Rev. Stat.: https://www.education.ne.gov/wp-content/uploads/2024/05/Web-Rule-10.pdf

Nebraska High School Health Education Requirements:

92 NAC 10-004.04B7: "Personal Health and Physical Fitness - 20 instructional units or two years of daily classes in personal health and physical fitness. The personal health and physical fitness curriculum includes content to emphasize life-long wellness habits including the knowledge and psychomotor skills applicable to cardio-pulmonary resuscitation (CPR). The curriculum emphasizes non-participation in high risk behavior."

Nebraska has no state-adopted health education standards (the State Board postponed the 2021 standards process indefinitely); districts develop local health curricula under NDE Rule 10's accreditation requirements and Neb. Rev. Stat. §79-712, with NDE pointing educators to the national health education standards — HET's curriculum meets all National Health Education Standards, and this document maps HET to Nebraska's regulatory instruction requirements.

Nebraska Rule 10 — Health Instruction Requirements (High School)		
Core Curriculum — Personal Health & Physical Fitness	**92 NAC 10-002.05:** Core Curriculum means a curriculum which includes language arts, social studies, science, mathematics, career and technical education, world language, visual and performing arts, and personal health and physical fitness and which, in public schools, incorporates multicultural education in all areas.	**Mental Health:** Day 1-2 (5 Dimensions), Day 9-10 (Wellness Plan). **Nutrition:** Day 1-2 (Macro/Micro functions), Day 9-10 (SMART Power Plate meal/Plan design). **Body Systems:** Day 1 (Internal Balance), Day 2 (Lifestyle efficiency). **First Aid:** Day 2 (Hands-only CPR/AED sequence).
Written Guides, Frameworks, or Standards (Health Curriculum)	**92 NAC 10-004.01C:** The school system has written guides, frameworks, or standards for all other areas of the curriculum. In connection with this requirement, school systems are encouraged to adopt the Fine Arts Standards adopted by the Board on March 4, 2014. The school system also has a written description of the library media and guidance programs.	**Empathy:** Day 1 (Survey). **Self-Esteem:** Day 1 (Self-Esteem Survey). **Diversity:** Day 2 (Belonging). **Diseases:** Day 5 (Lifestyle/Chronic prevention). **Environmental Health:** Day 1 (Workplace Hazard reports).
Secondary Curriculum (Quality Indicator)	**92 NAC 10-004.04:** Secondary Curriculum. Quality Indicator: The secondary instructional program is based upon state or locally approved standards for student learning. It provides breadth and depth of subject areas which enable students to achieve knowledge and skills necessary to continue post-secondary education or enter a career field. Instruction builds upon knowledge acquired in previous grades and helps students acquire the learning goals of the school, builds 21st century skills, and prepares students for living in a global society. Schools provide required instructional units on site or through a combination of local and distance learning programs.	**Begin a Term:** Day 1 (Healthy year vision), Day 1 (Future letter 1/5/10yr). **Mental Health:** Day 9-10 (Personal Mental Health Plan). **End a Term:** Day 1 (Long-term goal mapping), Day 2 (Living System).

Personal Health & Physical Fitness (20 Units; CPR; High-Risk-Behavior)	**92 NAC 10-004.04B7:** Personal Health and Physical Fitness - 20 instructional units or two years of daily classes in personal health and physical fitness. The personal health and physical fitness curriculum includes content to emphasize life-long wellness habits including the knowledge and psychomotor skills applicable to cardio-pulmonary resuscitation (CPR). The curriculum emphasizes non-participation in high risk behavior. The physical fitness curriculum includes an active program of health-related physical fitness, including cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition. Practice for and participation in interscholastic athletic activities are not accepted as a substitute for any part of the personal health and physical fitness requirement.	**Mental Health:** Day 1-2 (5 Dimensions). **Stress:** Day 1-2 (Reduction strategy). **Nutrition:** Day 9-10 (SMART Power Plate meal/Plan design). **First Aid:** Day 1 (Willingness to act), Day 2 (Hands-only CPR/AED sequence). **Dangerous Decisions:** Day 1 (STOP-THINK-CHOOSE), Day 2 (Substance impact). **Alcohol:** Day 1 (Depressant). **Drugs:** Day 3 (Possession/Misuse consequences). **Tobacco:** Day 1 (Prefrontal cortex effects). **Sex Education:** Day 9-10 (Abstinence proactive choice).

Neb. Rev. Stat. §79-712		
Comprehensive Health Education Program	**§79-712:** Provisions shall be made by the proper local school authorities for instructing the pupils in all public schools in a comprehensive health education program which shall include instruction (1) as to the physiological, psychological, and sociological aspects of drug use, misuse, and abuse and (2) on intellectual disability and other developmental disabilities, such as cerebral palsy, autism, and epilepsy, their causes, and the prevention thereof through proper nutrition and the avoidance of the consumption of drugs as defined in this section. For purposes of this section, drugs means any and all biologically active substances used in the treatment of illnesses or for recreation or pleasure. Special emphasis shall be placed upon the commonly abused drugs of tobacco, alcohol, marijuana, hallucinogenics, amphetamines, barbiturates, and narcotics.	**Dangerous Decisions:** Day 2 (Alcohol, Nicotine, Cannabis, Opioids), Day 2 (Tolerance/Dependence). **Alcohol:** Day 1 (Ethanol depressant), Day 3 (AUD chronic nature), Day 4 (Family addiction roles). **Drugs:** Day 1 (Dopamine interference), Day 3 (Memory/Breathing impact), Day 4 (Systemic inequities/Stigma). **Tobacco:** Day 1 (Prefrontal cortex effects). **Body Systems:** Day 2 (Neurological disorders). **Nutrition:** Day 1-2 (Macro/Micro functions).