

# PROGRAM OUTCOMES

(QUALITY SCHOOLS INTERNATIONAL)

## \*PERSONAL HEALTH\*

(JULY 2017)

The Personal Health program of Quality Schools International is related to the following Exit Outcomes:

### I. Success Orientations -

- Trustworthiness
- Responsibility
- Concern for Others
- Kindness/Politeness
- Group Interaction
- Aesthetic Appreciation
- Independent Endeavor

### II. Competencies -

- Psychomotor Skills
- Verbal and Written Communications Skills
- Thinking and Problem Solving Skills
- Decision Making and Judgment Skills

### III. Knowledge -

- Personal Health and World Environmental Issues
- Science

There are two basic divisions of the Personal Health program of Quality Schools International, as follows:

I. **Elementary Personal Health** - normally engaged beginning in the 5-year-old class and continued through the 13-year-old class. This is divided into two areas: Health and Physical Education, as follows:

> **Health** -This consists of studies and activities integrated into the science courses in which the students will learn about the care of the body, safety, functions of the body, nutrition, and substance abuse. The outcomes for elementary health are included in those of the science department.

> **Physical Education** - This consists of studies and activities designed to prepare the students for the use of their bodies for life, for recreation, and for sports. In the 5 through the 11-year-old classes fundamental skills of body movement, locomotion, body awareness, spatial awareness, manipulative skills, physical fitness, and positive group interaction are emphasized. With each year of maturation more complex skills are emphasized along with the introduction of sports. At the upper levels there is a movement from general to specific skills and

knowledge in which students learn fundamental skills and basic rules of sports. Also general fitness concepts are taught with a view to the future such that students can maintain healthy fitness levels as adults.

**II. Secondary Personal Health** - divided into two areas, Health and Physical Education, as follows:

- > **Health** - Consists of one course, Health (of ten essential unit outcomes). This course may be engaged by any secondary student. The first five unit outcomes are required for graduation and include introduction to health, substance abuse, nutrition, disease prevention, and family life. Mastery of the elementary Reading and Language Arts outcomes at the 13-year-old class level is normally required as prerequisites for engagement in this course. In exceptional cases students may engage if they have mastered less than these, but at least the 12-year-old Reading and Language Arts outcomes. Additional prerequisites are mastery of the essential unit outcomes of 13-year-old Science.
  
- > **Physical Education** - Consists of three courses as follows (open only to secondary students):
  - > **Physical Fitness** - an academic and practical study of health-related exercise physiology. It includes practical biomechanics, taught through gymnastics and movement. In this course, each student is required to improve his physical condition.
  
  - > **Team Sports** - consists of a selection of team sports (basketball, soccer, football, softball, volleyball, etc.) in which the student learns the basic skills, the strategies, the appropriate behaviors, and the rules of each one.
  
  - > **Lifetime Sports** consists of a selection of lifetime sports (archery, hiking, golf, table tennis, etc.) in which the student learns the basic skills, the strategies, the appropriate behaviors, and the rules which apply.
  
  - > **Advanced Fitness** Advanced Fitness is a course in which builds upon the basic Fitness course. The student continues to learn about the benefits of a healthy, physically active lifestyle and how to incorporate this into their everyday lives.

Each of the above secondary courses consists of ten essential unit outcomes and each has selective unit outcomes in which students may engage for additional secondary credits. In certain cases a student may also engage in some of the essential or selective unit outcomes as an independent-study unit.

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**To qualify for the secondary graduation diploma, each student is required to attain mastery of at least twenty-five unit outcomes in the Personal Health program including the ten essential unit outcomes of Physical Fitness and the first five unit outcomes of Health.**