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## Health Education and Lifetime Wellness Standards

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### **The Background:**

In December of 2015, a committee was formed to revise the Tennessee Health Education and Lifetime Wellness Standards, which have not been revised since 2009. This committee was made up of current K-12 health education and lifetime wellness teachers, coordinated school health coordinators, and higher education faculty. The committee convened and compiled the first draft of the Health Education and Lifetime Wellness Standards. The committee presented the draft standards at the regional coordinated school health meetings from January- March 2016. Edits and revisions were made to the draft standards based on that feedback. In March of 2016, the Health Education and Lifetime Wellness Standards were posted to the Tennessee State Board of Education website for public feedback. The site was open for 3 months and over 320 public comments were received. Final edits and revisions were made to the standards based on those comments.

The Health Education and Lifetime Wellness Standards proposed in this item represent the desired knowledge or behavioral outcome for a student at the completion of a grade or course. Creating developmentally appropriate learning experiences that meet the standard is the responsibility of the health education/lifetime wellness teacher and is in alignment with school district resources. Each standard is observable and measurable, and therefore can be assessed.

In the current Health Education and Lifetime Wellness Standards, the standard is presented as a broad statement. For example, a current standard would be 'The student will understand the relationship of nutrition to healthy living'. In the revised standards, they are specific to knowledge or behavior. For example, the component is Personal and Community Wellness, the subcomponent is Nutrition, and the standard is the specific knowledge or behavior, e.g. 'Describe a healthy meal using the basic food group.' The standards are specific to each grade level or course and are specific to certain knowledge or behaviors, which will drive quality instruction and assist administrators in evaluation of their health education and lifetime wellness teachers.

The Tennessee Health Education and Lifetime Wellness Standards document is divided into three (3) grade bands: Grades K-5, Grades 6-8, and Grades 9-12. Each grade level (K-5, 6-8, 9-12) in the proposed standards is comprised of five (5) components, grouping similar knowledge, or behaviors. Under each component is the subcomponent which is a more refined grouping of similar knowledge, or behaviors. The standard is the described knowledge or behavior as listed within the subcomponent and grade level. Specific to the 9-12 lifetime wellness standards there is a component extension, which is an idea to further challenge students in a particular subcomponent.

### **The Recommendation:**

The Department of Education recommends acceptance of this item on first reading. The SBE staff concurs with this recommendation.