



# Honors Courses for Healthful Living Education Courses

## Support HB 901

### Purpose of Healthful Living Honors Courses

The rationale for creating honors courses is to offer challenging, rigorous, higher-level courses for students who aspire to an advanced level of learning and training for allied health professional career tracks. The intent is to offer a limited number of challenging, higher level Healthful Living education courses for students who aspire to an advanced level of learning, and to put this subject area and skill set on par with other academic skill sets.

#### Healthful Living Honors Courses Aim To Promote The Following:

- Develop health literate students who are critical thinkers, problem solvers, and who identify and creatively address health problems and issues at multiple levels, ranging from personal to international.
- Analysis of individual, family, social & societal influences and effects on health behavior & health status.
- Planning, selection and utilization of testing and measurement tools for the assessment of physical performance, health status and/or health benefit.

Honors Courses Should Reflect Rigor, Relevance and Relationships (honors curriculum, instruction, and assessment standards reinforce the work of the State Board of Education's Ad-Hoc Committee on Rigor, Relevance and Relationships):

- Healthful Living honors courses should reflect a differentiation of curriculum, both in breadth and depth of study. Courses should exemplify the following characteristics: Require higher level of cognition and quality of work than standard course
- Enable students to become actively involved in classroom and work-based learning experiences
- Involve students in exploratory, experimental and open-ended learning experiences
- Problem-seeking and problem solving
- Application of theory
- Opportunity for development of research skills
- Participation in scholarly and creative processes, as well as use of imagination
- Critical analysis and application
- Personalized learning experiences
- Learning to express/defend ideas and to accept constructive criticism
- Becoming a reflective thinker

Allied Health Professions are the most rapidly growing job opportunities in NC and beyond.  
And Healthful Living Honors Courses can prepare students for careers in the following areas:

- Exercise physiologist
- Nutrition specialist
- Epidemiologist
- Public health educator
- Sports medicine/athletic trainer
- Sports psychologist
- Strength and condition specialist
- Cardiac rehabilitation specialist
- Physical therapist
- Occupational therapist
- Teachers of health education and physical education

**Honors course curriculum in Healthful Living is prepared and ready to implement.  
Develop North Carolina children for Health, Education and Human Services careers.**

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For more information, contact NC Alliance for Health at 919-463-8328 or [ncalliance@heart.org](mailto:ncalliance@heart.org).