



# Honors Courses for Healthful Living Education Courses

## Support HB 901

### Purpose of Healthful Living Honors Courses

Honors courses offer challenging, rigorous, higher-level courses for students who aspire to an advanced level of learning and training. This bill would allow schools to put this subject area and skill set on par with other academic skill sets and allow students interested in allied health professions to access the same benefits as other fields.

**HB 901 will NOT incur any additional cost to the state.** HB 901 simply authorizes local school systems to offer the Healthful Living honors course, if they chose to do so. The Healthful Living honors course curriculum has already been prepared by the Department of Public Instruction (DPI) and is ready to implement.

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

- To prepare top notch students for higher education and careers in allied health professions
- Develop 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.
- Provide opportunities to understand global issues surrounding individual, family, social & societal influences and effects on health behavior & health status.

### Honors Courses Will Meet standards of the State Board of Education:

- Healthful Living honors courses should reflect a differentiation of curriculum and will 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 21<sup>st</sup> Century 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
- 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 standards in Healthful Living are 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 919-463-8329 or [ncalliance@heart.org](mailto:ncalliance@heart.org).