Wenatchee High School
Health Equivalency Course
Must Pass Each Requirement With A Score
Of At Least 85% To Earn WHS Health Credit (.5)
This is a Pass/Fail Course

Requirements:
1. Meet with the Health/Fitness Equivalency Coordinator to set up the course equivalency process.
   Write a $70.00 refundable check to WHS to borrow a Glencoe Health Book.
   Pay the per diem rate for course administration

2. Read and take detailed notes on the following chapters. The notes may be used during the Health Exit Exam, but not during the (KPI) Key Performance Indicator Exam.
   - Ch. 1 Your Health and Wellness
   - Ch. 2,9,11 Making Healthful Choices, Managing Stress in Your Life, Building Healthy Relationships
   - Ch. 3,4 & 15 Physical Fitness and Your Health
   - Ch. 5 Nutrition and Your Health
   - Ch. 6 Food and Your Health
   - Ch. 8 & 10 Your Mental and Emotional Health
   - Ch. 20 & 21 The Beginning of the Life Cycle & Adolescence-A Time of Change
   - Ch. 24,25, 26 Tobacco, Alcohol, Illegal Drugs
   - Ch. 28 Infectious Diseases
   - Ch. 31 Noninfectious Diseases and Disabilities
   - Ch. 19, 29, 30 Reproductive System, Sexually Transmitted Diseases, HIV and AIDS
   - Ch. 33 The Health of the Environment
   - Ch. 35 Providing First Aid and Handling Emergencies

3. A Wenatchee High School student wishing to meet the graduation requirement for Health at WHS through the equivalency process must:
   - A.) Pass the Health Exit Exam and the Health Key Performance Indicator Exam with at least an 85% grade.
     These students must also complete three artifacts of learning listed below.

*These artifacts will include:
   (1) A typed three page, three citation research paper regarding the use, abuse, and available treatment in the US for Drugs, Alcohol, or Tobacco.
   (2) A lifetime fitness plan using the expectation rubric from the WHS Fitness Plan, along with a three day Nutrition Analysis and seven day plan for healthy lifetime eating.
   (3) Using Ch. 35, make a detailed First Aid Booklet to cover all basic emergencies listed as well as the proper first aid procedures OR take a class and receive a Red Cross First Aid and CPR card during this equivalency process.

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