



community college, college or university. This required program of study shall not be required as part of the professional preparation defined in Section 13103\*(d) of the Education Code. The teacher education institution recommending the applicant for a full or clear credential shall certify the applicant has completed satisfactorily the required course of study.

\* Old #13103, New #44203

#### GUIDELINES FOR THE HEALTH UNIT REQUIREMENT

An acceptable course of study to satisfy the Health Education Requirement would provide the candidate with an understanding of the nature and scope of health education as provided in the Health Instruction Framework for California Public Schools adopted by the State Board of Education. Guidelines for such a course of study may include, but not be limited to the following:

Encouraging appropriate utilization of the health care system;

developing knowledge and attitudes on the use and misuse of substances, including alcohol, drugs, tobacco, and narcotics;

acquiring skills for individual responsibility and decision making for health;

protection and effective use of human and ecological resources;

exploring recent developments and trends on the total life cycle from birth to death;

development of self-awareness;

promoting "wellness" as a life-long personal investment;

developing effective consumers of health information, products, and services; and

fostering nutritional and physical conditioning patterns that promote a high level of well being; and

acquiring knowledge related to a nutritionally-balanced diet so as to promote better health among children and young adults.