

# 1. Health Sciences Standards

There are two overarching standards.

## 1.1 National Health Education Standards (NHES)

In the United States, the National Health Education Standards (NHES) were developed to establish, promote and support health-enhancing behaviors for students in all grade levels—from pre-Kindergarten through to grade 12.

The NHES provide a framework for teachers, administrators, and policy makers in designing or selecting curricula, allocating instructional resources, and assessing student achievement and progress. Importantly, the standards provide students, families and communities with concrete expectations for health education.

The NHES are written expectations for what students should know and be able to do by grades 2, 5, 8, and 12 to promote personal, family, and community health. The standards provide a framework for curriculum development and selection, instruction, and student assessment in health education.

There are eight NHES standards:

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyse the influence of family, peers, culture, media, technology, and other factors on health behaviors.
3. Students will demonstrate the ability to access valid information, products, and services to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.

## 1.2 Australia's national competency standard titled HLTAID003 Provide first aid

This standard describes the skills and knowledge required for students to provide a first aid response to a casualty.

The four elements (or sub-standards) are:

1. Students will respond to an emergency situation.
2. Students will apply appropriate first aid procedures.
3. Students will communicate details of the incident.
4. Students will evaluate the incident and own performance.

## 2. Strands of Health Sciences and the Standards of Each Strand

