

## MODULE 2: Health Education

### Instructions:

Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. To answer the highlighted questions please use the information gathered by the student survey. When you finish answering all the questions in the module refer to the instructions at the end of the module. **\*\*\*Important\*\*\*** Remember to answer and score these questions honestly. You may find that your school may have a low score, but knowing this will help you plan for improvement.

#	Question	A	B	C	D
2.1	Does your school require all students to take and pass at least one health/sex education course (for grades 9-12 high school)?	Yes	Students are required to take one but do not have to take it again if they fail it	No, but there is an elective health/sex education course	No
2.2	Does your school give grades for health education courses and do these grades carry the same weight as those from major academic courses?	Yes	Students earn grades that count less than grades for other major subjects	Students earn grades that are not used in calculating any academic recognition	No grades OR there are no required health courses
2.3	How many of the following essential topics on physical activity does the health curriculum (not an elective) at your school address? <input type="checkbox"/> The meaning of physical activity, exercise, and health-related fitness <input type="checkbox"/> Physical, mental, and social benefits of physical activity <input type="checkbox"/> The role of physical activity in controlling body weight <input type="checkbox"/> Recommended amounts of physical activity <input type="checkbox"/> How to increase daily physical activity	All of them	3 to 4 of the topics	1 to 2 of the topics	None of the topics, or there is no curriculum (only electives)

2.4	How many of the following essential healthy eating topics does the health curriculum at your school address? <input type="checkbox"/> Benefits of healthy eating <input type="checkbox"/> The Food Guide Pyramid and nutritious choices for each group <input type="checkbox"/> Balancing food intake and physical activities <input type="checkbox"/> Accepting body size differences <input type="checkbox"/> Eating disorders (anorexia, bulimia, etc.)?	All of them	3 to 4 of the topics	1 to 2 of the topics	None of the topics, or there is no curriculum (only electives) Extremely Dissatisfied or no health education is offered
2.5	How satisfied are most of the students about the health education they are receiving?	Very Satisfied	Somewhat Satisfied	Somewhat Dissatisfied	It does not offer any
2.6	Does your school offer health related electives?	Yes, many	It offers some	It offers a minimal amount (1 or 2)	NO POINTS (X 0)
	ADD TOTAL circled from each column (A, B, and C)	X3	X 2	X1	
	Multiply the total from each column by the points shown (3,2, or 1) to find the SUBTOTALS				
	Add all subtotals to calculate GRAND TOTAL	GRAND TOTAL=			

**Module Score = (GRAND TOTAL / 18) X 100** %

- 1) When you finish answering all questions in this module, add the total number of answers circled from columns A, B, and C and record it at the bottom in the “ADD TOTAL” area for each column.
- 2) Multiply the column’s totals by their designated points to find the SUBTOTALS.
- 3) Add the SUBTOTALS to find the GRAND TOTAL
- 4) Divide your GRAND TOTAL by 18 and multiply by 100 to calculate your module score - this will be the module score you will enter in the overall score card in the next section.