

Communication and Relationships, Nutrition and Physical Activity, and Alcohol, Tobacco, and Other Drugs. In physical education the strands are Motor Skill Development, Movement Concepts, Health-Related Fitness, and Personal and Social Responsibility.

The General Assembly has passed the following legislative mandates which are to be taught as part of comprehensive health education: K-12 alcohol, tobacco and other drug prevention, CPR and the Heimlich maneuver, and the Healthy Youth Act (to teach reproductive health and safety education). While there are no legislative mandates that are part of physical education, there is a state board policy requiring a minimum number of minutes of physical activity during the school day (Healthy Active Children Policy).

The North Carolina Youth Risk Behavior Survey (2009) indicates that significant numbers of high school students take risks by riding with a driver who had been drinking, by using tobacco, or by carrying a weapon. Ten percent of students had attempted suicide in the past 12 months. Fifty-four percent were not physically active at least 60 minutes a day for five days/week and 13% were considered obese by the Body Mass Index. Of 9-12 graders, 51% had engaged in sexual intercourse. The 2010 North Carolina Profiles Study shows a serious disconnect between what is known to be effective (adequate instructional time delivered by highly qualified teachers using evidence-based curricula) and what is delivered in public schools. The *Healthful Living Essential Standards* have been written to assist students in their preparation for career and college, to prevent illness, injury, and premature death, to increase life satisfaction, and to enjoy enhanced quality of life in the 21st Century (www.nchealthyschools.org).

Please visit the Preamble to the *North Carolina Healthful Living Essential Standards* for additional information about the purpose, rationale, and program description for the standards:

<http://www.ncpublicschools.org/acre/standards/new-standards/>.

Link to Standards

Visit this link to access the *North Carolina Healthful Living Essential Standards*:
<http://www.ncpublicschools.org/acre/standards/new-standards/>
