

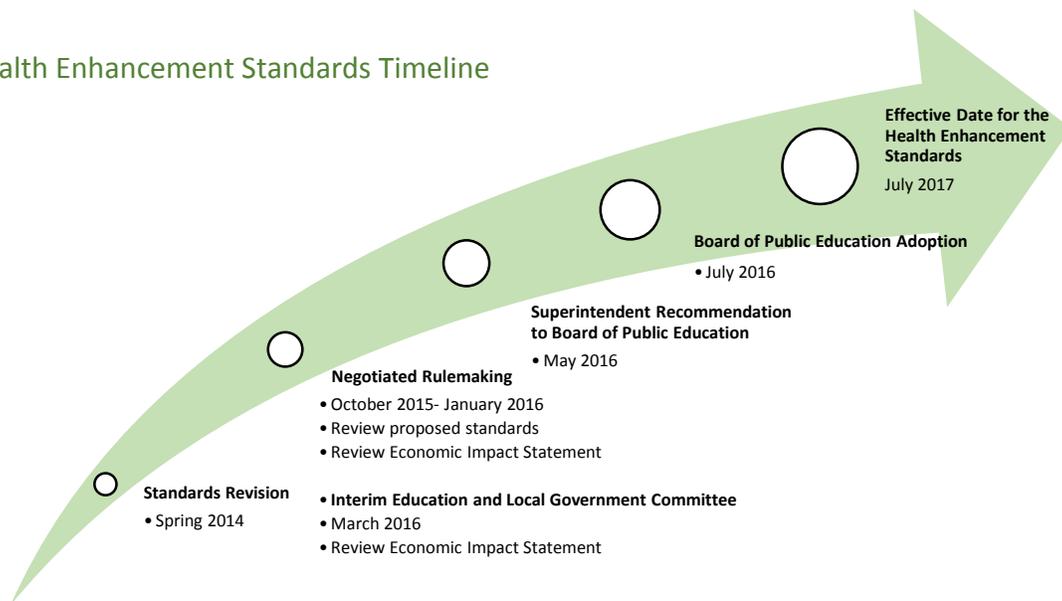
Proposed Montana Health Enhancement Standards

Highlights of the changes from the current Montana Health Enhancement Standards

The proposed Montana Health Enhancement Standards encompass health and physical education. These standards reflect changes in trends that address physical, mental, and social health.

- The proposed health enhancement standards include distinct health education and physical education standards.
- The proposed standards are organized by grade level for grades K-5 and by grade band for grades 6-8 and 9-12.
- Current health trends show the need to address topics such as mental health; respectful relationships; chronic diseases, including diabetes and asthma; substance use; environmental factors that affect health, wellness, or physical activity levels; and bullying, including cyberbullying.
- New technologies allow physical education students to monitor pulse rates, track calories burned and steps walked, and use innovative software programs to develop fitness plans that provide feedback regarding physical activity and nutritional intake.
- The standards integrate Montana’s Indian Education for All.

Health Enhancement Standards Timeline



Proposed Montana Health Enhancement Standards

Frequently Asked Questions

What do the Montana Health Enhancement Standards encompass?

Health enhancement incorporates the disciplines of health education and physical education.

Why are the health enhancement standards being updated now?

The Board of Public Education has adopted a regular cycle for review of content area standards. The purpose of the regular review of standards is to ensure that content standards reflect current knowledge and best practices for each content area.

How are the proposed standards different from the 1999 version?

The Montana Health Enhancement Standards, adopted in 1999, include seven content standards with benchmarks at grades 4, 8, and 12. The proposed Montana Health Enhancement Standards have eight health education standards and five physical education standards. The proposed standards reflect technological advances such as software programs which allow students to set fitness goals and measure their progress in daily physical activity, nutrition, and overall health and well-being. The standards will help address bullying and the harmful effects of bullying, including electronic cyberbullying; and, these standards incorporate new and emerging health topics such as electronic cigarettes as well as synthetic drug trends. Further, the proposed standards provide a clear and concise plan for what is to be provided in health education and physical education to ensure that both topics are adequately addressed in the school or district curriculum.

How are the content standards different from curriculum?

Standards define what all students are expected to know and be able to do. The Board of Public Education adopts standards into the Administrative Rules of Montana. Standards do not define curriculum. Curriculum is a local school board responsibility. A school or district curricula include the instructional strategies and resources teachers use in order for all students to meet grade level or grade band standards.

Who was involved in the revision of these standards?

- Subject area experts and educators representing Montana's cultural and geographic diversity
- Health and human performance professors from MSU-Dillon and MSU-Bozeman
- Society of Health and Physical Educators (SHAPE) board members
- A negotiated rulemaking committee whose membership included school district trustees, K-12 school administrators, K-12 teachers, higher education faculty, school business officials, parents, and taxpayers
- The Board of Public Education and its affiliates including the Certification Standards and Practices Advisory Council and the Montana Advisory Council for Indian Education

What professional development will be offered?

The Montana Office of Public Instruction (OPI) will make professional development available to educators in a variety of ways that include: no-cost regionalized trainings, staff attendance at school PIR days, training at educator conferences such as Montana SHAPE Conference, MEA/MFT, and on line trainings and courses available to teachers on the OPI Teacher Learning Hub at <http://opi.mt.gov/learninghub>

When will these standards go into effect?

Pending approval by the Board of Public Education, Montana's new health enhancement standards will go into effect on July 1, 2017.

INFORMATION AND RESOURCES

For more information, go to the OPI Teaching and Learning Website:

<http://www.opi.mt.gov/Curriculum/Index.html>