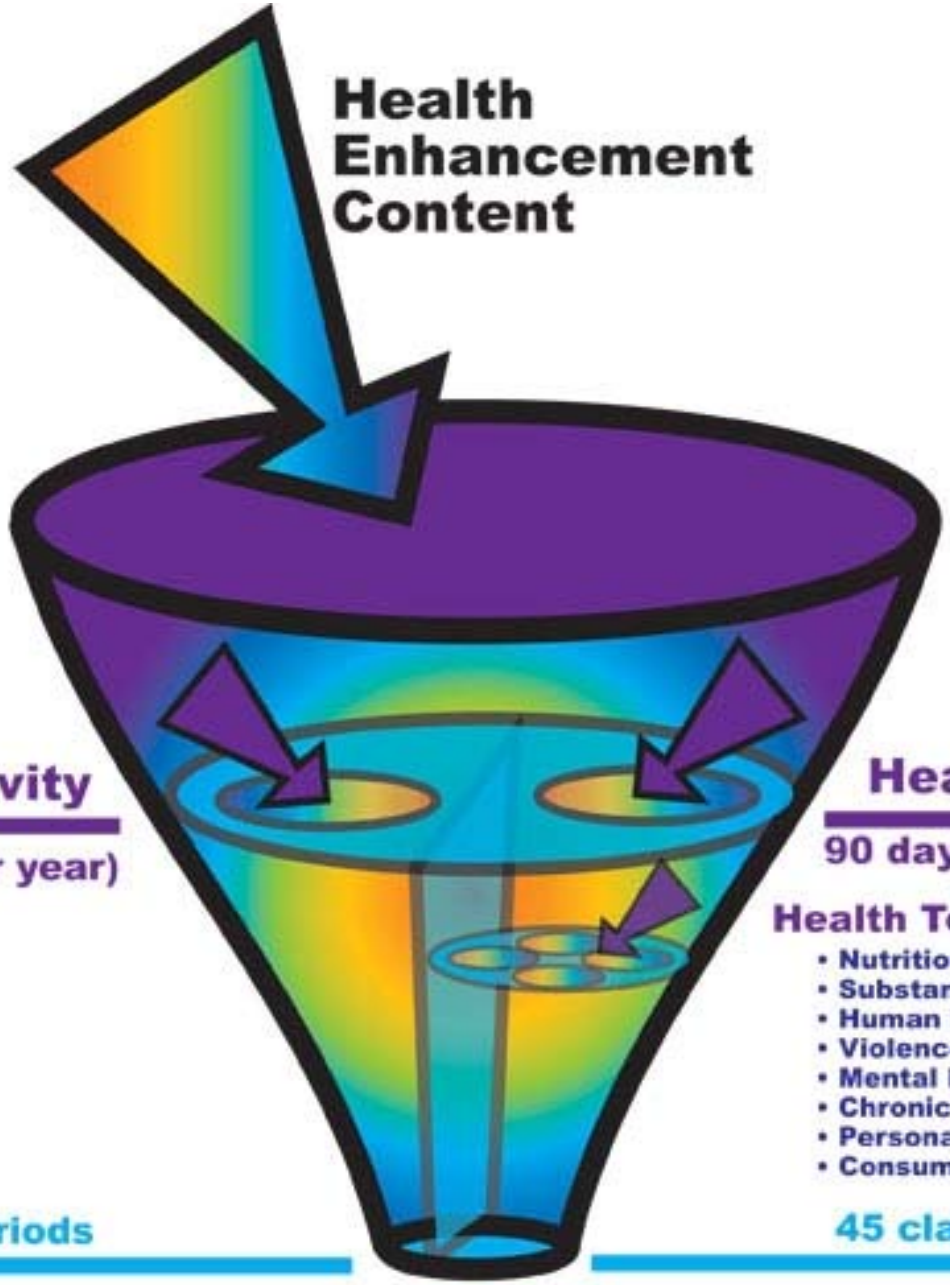
Health Enhancement Content



School Year - 180 days

Physical Activity

90 days (1/2 unit per year)

45 class periods

School Year - 180 days

Health Education

90 days (1/2 unit per year)

Health Topics

- Nutrition
- Substance Use and Abuse
- Human Development and Sexuality Education
- Violence Prevention
- Mental Health and Suicide Prevention
- Chronic and Communicable Disease
- Personal, Community and Environmental Health
- Consumer Health (i.e, Media Literacy)

45 class periods

Source: Office of Public Instruction
Health Enhancement & Safety

Montana
Office of Public Instruction
Denise Juneau, State Superintendent

opi.mt.gov