

**PROPOSED REGULATION OF THE
DEPARTMENT OF EDUCATION**

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by the agency submitted on 04/25/2018**

NAC 389.381 Sixth through eighth grades: Health. (NRS 385.080, 385.110, 389.0185, 389.520)

Instruction in sixth grade, seventh grade and eighth grade in health must be designed so that pupils meet the following performance standards by the completion of the eighth grade:

2. Access reliable health information, products and services to enhance health, as demonstrated by the ability of the pupil to:
 - (a) Describe situations which may require services from providers of health care; and
 - (b) Determine the accessibility of products and services that enhance health.
3. Practice health-enhancing behaviors and avoid and reduce health risks, as demonstrated by the ability of the pupil to:
 - (a) Explain the importance of a person assuming responsibility for healthy behaviors;
 - (b) Create a wellness plan that meets dietary guidelines and includes moderate to vigorous physical activity;
 - (c) Demonstrate methods of responding to behaviors that put a pupil at risk, including, without limitation, the use of alcohol, tobacco and other drugs;
 - (d) Understand basic procedures in safety, first aid and life-saving measures, including, without limitation, the use of and procedures for using recreational safety equipment;

Perform psychomotor skills related to Hands-Only Cardiopulmonary Resuscitation (CPR) as outlined in the American Heart Association Guidelines.

Discuss the purpose of an Automated External Defibrillator (AED), how it is used, and the safety involved in using the device.

- (e) Evaluate the behaviors of the pupil that put the pupil at risk for injury, including, without limitation, self-harming behaviors and harmful trends; and
- (f) Analyze the behaviors of a pupil that increase the risk of the pupil spreading communicable diseases, including, without limitation, sexually transmitted diseases, mononucleosis, tuberculosis and influenza.

NAC 389.455 Health. (NRS 385.080, 385.110, 389.0185, 389.520)

Instruction in high school in health must be designed so that pupils meet the following performance standards by the completion of high school:

2. Access reliable health information, products and services to enhance health, as demonstrated by the ability of the pupil to:
 - (a) Evaluate the validity of health information, products and services; and

(b) Use resources, including, without limitation, resources from home, school and the community, that provide reliable information regarding health products and services.

3. Practice health-enhancing behaviors and avoid and reduce health risks, as demonstrated by the ability of the pupil to:

- (a) Analyze a variety of behaviors that avoid or reduce health risks to the pupil and others;
- (b) Implement a wellness plan that meets dietary guidelines and includes moderate to vigorous physical activity;
- (c) Evaluate the behaviors of the pupil for the use and abuse of substances;
- (d) Demonstrate practices and behaviors to avoid injury and reduce the risk of injury to the pupil or other persons, including, without limitation, refraining from driving while impaired, using a safety belt, refraining from fighting and avoiding self-harming behaviors;

Perform psychomotor skills related to Hands-Only Cardiopulmonary Resuscitation (CPR) as outlined in the American Heart Association Guidelines.

Explain the purpose of an Automated External Defibrillator (AED), how it is used, and the safety involved in using the device.

and

- (e) Evaluate the responsibility of a pupil in promoting health and avoiding or reducing behaviors that increase health risks to the pupil or other persons.