

# Health Education Frequently Asked Questions

## August 4 2023

This document is intended to provide answers to the most commonly asked questions. Questions are organized into the following categories:

- [General](#)
- [Coordinated School Health Programs](#)
- [Parenting and Paternity Awareness](#)
- [Other Health Education Related Questions](#)

### General

1. Are all K5 schools required to offer health education instruction?

Yes. According to Texas Education Code (TEC) [§28.002\(a\)\(19\)](#) and Texas Administrative Code (TAC) [§74.1\(a\)\(2\)\(B\)](#) and [§74.2\(a\)](#) schools must teach the Texas Essential Knowledge and Skills (TEKS) for health education. A school district may add elements at its discretion but must not delete or omit instruction.

2. Are all 68 schools required to offer health education instruction?

Yes. According to TEC

4. Are students allowed to take high school health in middle school?

Yes. The [19TAC §74.26\(b\)](#) states that districts may offer courses designated for grades 9-12 in earlier grade levels. A course must be considered completed and credit must be awarded if the student has demonstrated achievement by meeting the standard requirements of the course, including demonstrated proficiency in the subject matter, regardless of the time the student received instruction in the course or the grade level at which proficiency was attained.

The academic achievement record (transcript) must reflect that students have satisfactorily completed courses at earlier grade levels than grades 9-12 and have been awarded state graduation credits. The teacher must also be appropriately certified to teach high school health

5. What are the required number of hours or days needed to complete elementary, middle, and high school health education?

According to [19TAC §74.2\(a\)](#), [§74.3\(a\)\(1\)](#), and [§74.3\(b\)\(1\)](#) a school district must ensure that sufficient time is provided for teachers to teach and students to learn all of the TEKS for the course. There are no state-mandated instructional time requirements.

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Approved Instructors—A school district or an open enrollment charter school may use emergency medical technicians, paramedics, police officers, firefighters, representatives of the American Heart Association or the American Red Cross, teachers, other school employees, or other similarly qualified individuals to provide instruction and training.

Certificates of Completion—





