Healthy living is an interdisciplinary and multi-faceted issue, encompassing concepts such as nutrition, mental health, physical activity, emotional wellbeing and character development. In the United States today, children and adolescents are generally lacking the education they need to adequately learn many of these concepts. There is currently no education program in Knox County that encompasses all of these issues.

Tennessee ranks #1 in overweight and obesity rates among children ages 10-17.

The state of Tennessee does not impose regulations on the amount of time students spend at physical education or recess.

The Tennessee Board of Education describes character development as a “collaborative effort between home, school and community.” However, many students in Knox County do not have a stable home to return to in order to complete this collaborative effort.

To create an environment where participation in sport empowers children to lead kinder, healthier, and more confident lives.

Streamline and standardize the curriculum for the Vols HELP program, an initiative that promotes healthy eating, living, and playing among students of the Knox County Community Schools.

Mobilize a collaborative effort between the division of Student-Athlete Development, student-athletes, UT faculty and staff, and community partners to design a curriculum encompassing all aspects of wellness.

Work with a Student-Athlete Advisory Board of five Vols HELP facilitators to develop and implement the new curriculum.

Twelve new lessons plans address the following aspects of wellness in schools:
- Confidence and Bullying
- Disability and Diversity
- Healthy Coping
- Healthy Eating
- Sportsmanship and True Competition
- Staying Active

With this streamlined curriculum, student-athletes were better equipped to teach their lessons, and the program has spread to additional schools and after-school programs in Knoxville.

New curriculum was implemented this spring, and will be improved and expanded for the fall semester.

I plan to meet with Vols HELP facilitators before the end of the semester to gain feedback and improve the curriculum for the fall.

Continue to spread the curriculum throughout Knox County and the state of Tennessee.

References:
- “Character Education,” Health and Safety, Tennessee Department of Education.
- Smith, Kayla; Hendricks, Erin. “Goals for Girls - Model Practice.”