

WELLNESS

HEALTH COURSES

GET FIT (Semester) UNLEVELED

GRADES 11 - 12 2.5 CREDITS

This hybrid course will be a combination of classroom work as well as movement and physical activity. This class will focus on helping students to develop lifelong health and fitness goals. Student will participate in a variety of aerobic fitness programs including Zumba, running, walking and using the Fitness Center. Student will also learn about the cardiovascular system and the importance of proper nutrition to maintain a healthy lifestyle.

CURRENT ISSUES IN HEALTH (Semester) UNLEVELED

GRADES 10 - 2.5 CREDITS

This course discusses current health topics in the news. These topics may include social media, chronic diseases, sexuality, stress, mental health, dealing with death, nutrition, drugs and ecological and environmental health. This class will not run during the 2018-2019 school year.

HEALTH (Semester) UNLEVELED

GRADES 9 - 2.5 CREDITS

This course is required for all freshman and sophomore students. Classes meet five times a week for one semester. Course content includes relationships and dating abuse, substance abuse, human sexuality, pregnancy and delivery, sexually transmitted infections, nutrition and mental health including a unit on suicide. This course is intended to present information that allows students to form a solid foundation from which to make mature decisions and to learn and practice important decision-making, coping and refusal skills.

HUMAN SEXUALITY (Semester) UNLEVELED

GRADES 11 - 12 2.5 CREDITS

This course examines the biological, theoretical, social, psychological and cultural aspects of human sexuality. Students will learn about reproductive anatomy, sex

and gender development, sexual attraction and relationships, reproductive health issues and social issues in sexuality.

LIFE 101 (Semester) UNLEVELED

GRADE 12 2.5 CREDITS

This is a seminar for seniors filled with critical thinking activities and real-world applications designed to prepare students for life after high school. This class will focus on content that includes consumer health, digital citizenship and internet safety, household management tasks, etiquette rules for a modern society, first aid, time management skills, personal safety, job and college preparation, interpersonal relationships and communication. Although primarily taught by a health education teacher, other teachers will have “guest roles” in an effort to expose students to a variety of topics that will prepare students for the future.

CHILD DEVELOPMENT (Semester) UNLEVELED

GRADES 11 – 12 2.5 CREDITS

The purpose of this course is to provide information on child rearing and development, along with the necessary skills to work in a day care setting. Students will study the human reproductive system, pregnancy and birth, and the physical, social, emotional, and intellectual development of children from birth to age six. Content will also include age-appropriate activities and child safety.

FIRST AID/CPR/AED (Semester) UNLEVELED

GRADES 11 – 12 2.5 CREDITS

This course will prepare student for the First Aid certification exam as well as the CPR and AED certification exam through the American Red Cross. Students will learn how to perform CPR and use an AED on infants, children and adults. Students will also learn basic first aid techniques. Students will be assessed on skills that will be needed to pass the certification exam.

MIND/BODY/SPIRIT (Semester) UNLEVELED

GRADES 11 – 12 2.5 CREDITS

This hybrid course will be a combination of classroom work as well as movement and physical activity. The class will be centered on an individual’s emotional,

mental, social and physical health. Students will learn all about the effects stress has on the body. Students will also learn management techniques that will assist the student to meet the demands of school and life. These techniques include deep breathing, guided imagery, muscle relaxation, mindfulness practices and yoga. Students will also learn about mental health issues that are affecting our society including eating disorders and suicide