

# Health Promotion and Sport Science

## Health and Wellness

*1 Semester      ½ Credit Hour      Grade: 9      Prerequisite: None*

This required course is designed to help students make independent and informed decisions concerning their physical, mental, emotional, social, spiritual and intellectual well-being. It encourages the student to identify his/her core values and unique gifts to develop attitudes and patterns of behavior that will engage and advocate for a comprehensive and satisfying life of holistic health and wellness. Individual, family, community and global health topics, concerns and issues are explored and examined through multiple perspectives with the goal of developing and maintaining health literacy and healthy behaviors throughout life.

## Physical Education

*2 Semesters      ½ Credit Hour      Grades: 9, 10, 11, 12      Prerequisite: None*

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. Students are required to take two semesters of Physical education. This is a semester class for students and offers a variety of physical activities designed to develop the students' physiological, psychological, and sociological growth through participation in various forms of physical activity and recreation. Both individual and team concepts are incorporated. Activities vary by season, weather and facilities. An emphasis is placed on cooperation, participation and leadership that appropriately challenges and engages each student daily. Students will discover, promote and expand their current levels of physical development, recreation, growth and fitness.

## Nutrition for Life, Sport and Performance

*1 Semester      ½ Credit Hour      Grades: 10, 11, 12      Prerequisite: None*

### **Elective**

Nutrition for Life, Sport and Performance is a semester elective course designed for students who want to examine and explore the current and changing nutritional trends as well as the science and physiology behind nutrients and their impact on growth, development, disease prevention and sport performance. Students will cover a variety of nutritional topics ranging from the food industry, food prep, meal planning, nutrient physiology, nutrient and label literacy, nutritional plans, cultural and historical food customs and traditions. Students should be willing to try various foods that are prepared within class labs as well participate in the planning and preparation of the labs. Students will be encouraged to develop their own nutritional plans while keeping the balance of proper nutrition and maintaining active lifestyles. Evaluation is based on assignments, labs, participation and test assessments.

**(A lab fee of \$35 is required for this course.)**

ALLERGY WARNING – students with severe food allergies should not take this class. Students should also be willing to taste and try various forms of food during units of focus.

## **Strength and Conditioning**

*1 Semester*

*½ Credit Hour*

*Grades: 10, 11, 12*

*Prerequisite: None*

### **Elective**

This elective course is a semester course that will allow students and student athletes to specifically focus on the principals associated with strength and conditioning. The two primary themes will consist of enhancement of athletic performance, and reduction of injuries. This will be accomplished through a comprehensive program design and implementation with special attention to developing students' linear speed, agility, range of movement, absolute and functional strength and sport specific power. During this course, students will have a unique opportunity to enhance their strength and conditioning potential.

## **Athletic Training (Sports Medicine)**

*1 Semester*

*½ Credit Hour*

*Grades: 9, 10, 11, 12*

*Prerequisite: None*

### **Elective**

Athletic Training is a semester course designed to familiarize students interested in Sports Medicine and the profession of Athletic Training. Injury prevention, recognition and management of athletic injuries will be discussed. Basic concepts in rehabilitation will also be presented. During this course, students will get to experience a practical and hands on approach into the world of Sports Medicine and Athletic Training and work first-hand with our Athletic Trainer.

## **Lifetime Fitness**

*1 Semester*

*½ Credit Hour*

*Grades: 9, 10, 11, 12*

*Prerequisite: None*

### **Elective**

Lifetime Fitness is a semester course that is designed to actively engage students in the broad spectrum of recreation, health, fitness and nutrition principals with hands on and active approach. Students will cover a variety of topics that range from modern recreation and fitness programs and various forms of recreation and exercise and staying active, mindful and fit throughout life. Throughout this course, students will learn how to create, develop and maintain a healthy and fit lifestyle for today and the future.