

# 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

1 Semester

¾ 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 one semester of Physical Education and one semester of Lifetime Fitness in order to complete their graduation requirements. One session of Summer Phys Ed can substitute for 1 semester. Two sessions of Summer Phys Ed completes the graduation requirement. 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

Lab Fee: \$35

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.

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.

### **Lifetime Fitness**

1 Semester

$\frac{1}{4}$  Credit Hour

Grades: 9, 10, 11, 12

Prerequisite: None

Lifetime Fitness is a semester course that is designed to actively engage students in the broad spectrum of recreation, health, fitness, and nutrition principles with a hands-on and active approach. Students will cover a variety of topics including modern recreation, fitness programs, exercise for enjoyment, training principles to increase fitness, proper lifting form, and the health related fitness principles in order to be 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. Students are required to take one semester of Physical Education and one semester of Lifetime Fitness in order to complete their graduation requirements. One session of Summer Phys Ed can substitute for 1 semester. Two sessions of Summer Phys Ed completes the graduation requirement.

### **Life Skills I: Managing Teen Life**

1 Semester

$\frac{1}{2}$  Credit Hour

Grades: 9, 10, 11, 12

Prerequisite: None

Elective: Life Skills 1: Managing Teen Life is a course designed to help students develop skills required to be a successful teenager. These skills include but are not limited to time management & executive functioning skills, healthy friendships/relationships skills with both peers and adults, exploring various hobbies for enjoyment, study skills exploring different study methods, respectful communication in person & online, and internet & social media safety.

### **Life Skills II: Adulting**

1 Semester

$\frac{1}{2}$  Credit Hour

Grades: 10, 11, 12

Prerequisite: None

Elective: Life Skills 2: Adulting is a course designed to help older high school students develop skills required to be a successful young adult. These skills include but are not limited to time management & study habits (preparing for college), healthy relationships & consent (with an added Catholicism piece), dangers of alcohol, vaping, marijuana, and other drugs & alcohol safety, respectful communication in person &

online, internet & social media safety, exploring hobbies for enjoyment, financial basics & preparing for bills, and world culture - how traveling enriches you.