

COURSE NUMBER: HS816
COURSE TITLE: Lifetime Wellness (P.E. 9)
COURSE LENGTH: Semester, One and a half Credit
PREREQUISITE: None
GRADE LEVEL: 9

COURSE DESCRIPTION:

Lifetime wellness is a course required for all freshmen. This course is based on enhancing self-esteem by promoting personal fitness, becoming aware of the effects of alcohol, tobacco, and drugs on the body, disease characteristics including STD's, and the value of proper nutrition.

COURSE RATIONALE:

This course is designed to help students become educated in health and fitness issues in order to make intelligent choices in their lifestyle so they may lead long, healthy lives.

METHOD OF INSTRUCTION:

Presentation will be lecture-discussion with student participation a necessity. Labs will be done in the gym, weight room, and track along with classroom instruction. Implementation of individual study, video, active participation, individualized plans, self evaluations, and guest presenters will be utilized.

ASSESSMENT:

Points are recorded and averaged according to the department grading scale. Daily work, quizzes, projects, participation, and tests will comprise the activities on which points are awarded.

CRITICAL OBJECTIVES:

A personal health program should help young people:

1. Develop a positive self-concept by developing strengths, recognizing limitations, and understanding your feelings.
2. Enjoy the many health benefits of physical fitness.
3. Identify and engage in healthful activities that help avoid drug misuse and abuse.
4. Develop social poise and confidence without the use of alcohol.
5. Identify risk factors associated with different communicable diseases.