

COURSE DESCRIPTION

Students will explore a wide variety of introductory health and wellness related subject matter. Particular emphasis will be placed upon the examination of human anatomy and physiology (body systems) and the lifestyle practices that help to best promote long-term physical health.

Units of Study:

- Social & Emotional Wellness Concepts
 - Effective Communication & Social Skills, Growth Mindset
 - Team Building/Project Adventure
- Body Systems
 - Skeletal, Muscular, Digestive, Respiratory, Cardiovascular, Integumentary (skin, hair, nails), Male & Female Reproductive Anatomy & Physiology
- Physical Wellness Concepts
 - Introduction to Nutrition & Exercise, Lifestyle Related Diseases & Disease Prevention, Skin Cancer Awareness, Tick Borne Illnesses

COURSE PHILOSOPHY

By cultivating a learning environment which fosters a fascination with the exploration of health and wellness related subject matter, we will provide students with valuable life skills that will allow them to better care for themselves, members of their community and the world around them.

PARTICIPATION and CLASS WORK

All students must participate in the progress of the class by actively listening as well as by sharing information orally. Students will be asked to work in cooperative groups and must show a helpful and respectful attitude at all times. Students should come to class every day with a writing utensil, planner and other requested materials.

GRADING

Grading will occur on a pass/fail basis. Active participation in class activities, completion of assignments, good citizenship and a willingness to try will ensure a passing grade.

JOURNAL INFORMATION (*for in school/in person learning only*)

All students will need to obtain a single-subject spiral bound notebook with pockets for class. Students should have this notebook by the 3rd class meeting

PLEASE PUT YOUR NAME ON THE OUTSIDE OF THE NOTEBOOK