

Course Name: HEALTH

Duration: 1 Semester Full Year

Grade Level: 9th 10th 11th 12th (check all that apply)

Are there any prerequisites for the course?

None

WHAT this course is about:

This class focuses on a variety of Health concepts and skills to help students plan for lifelong health and wellness

WHY take this course:

It is a graduation requirement. It will allow you to develop skills to plan for lifelong health and wellness

WHAT you'll learn:

You will learn how to access valid information, products, and services. You will learn and practice decision making and goal setting skills, and practice health enhancing behaviors

WHAT you'll do:

You will apply skills into core ideas such as wellness, diseases, nutrition, safety, mental/emotional health, substance use and abuse, and sexual health.

WHERE this could take you:

This class will give you skills and guidance to plan for lifelong health and wellness. This class could spark an interest in the health care industry, which has many career opportunities.

OPTIONAL Course Outline ("scope and sequence", sequence chart, etc.)

Click or tap here to enter text.