

## **Wellness II**

**(2.50 credits; 10th grade)**



Students alternate between health education in the classroom and physical activities in the gymnasium facilities. Specific physical activities will alternate on a two-year cycle.

The health skills focus in this course will include:

- Nutrition and Healthy Habits (Goal-setting for optimum physical fitness)
- Alcohol, Tobacco, Marijuana, and Other Drugs (DUI risk-prevention skills and the influences of peers, cultural norms and the media)
- Ethical Behavior (Academic, athletic, professional, and social)
- Healthy Relationships and Sexuality (Risk management regarding alcohol use and sexual behavior, sexual harassment, dating violence and sexual assault)
- Mental Health (Positive behaviors and suicide risk prevention).

The physical activity units in this course include:

- Personal fitness (Designing and implementing a personalized fitness plan)
- Team games
- Net games
- Cooperative challenges
- Group fitness