

Course Description

Course Name: Health

Course Number: GEN 4010 (T1), GEN 4012 (T2), GEN 4013 (T3)

Brief Course Overview: This course is designed to assist students in obtaining accurate information, developing lifelong positive attitudes and behaviors, and making wise decisions related to their personal health. Study will include personal and community health; mental, physical, and social health; injury prevention and safety; nutrition and physical activity; alcohol, tobacco, and other drugs; growth, development, and sexual health. Central themes are the acceptance of personal responsibility for lifelong health, respect for and promotion of the health of others, an understanding of the process of growth and development, and informed use of health-related information, products, and services.

Guiding Questions: How are mental, emotional, and social health-related? How can increasing my knowledge of personal health impact my academic success? How is our understanding of health changing over time and what is the impact?

Main Topics of Study:

- Mental, Social and Physical Health
- Fitness
- Overall Wellness

What are the Enduring Understandings of the course?

- Application of fitness and health concepts
- Risk and benefits of varying fitness levels
- Development of an individual wellness plan
- Analyzing of skill-related fitness
- Mental, Social and Physical health

Pre-requisites : No prerequisites or teacher recommendations are needed.

Course Length: 12 weeks

Meets NBPS Graduation Requirement? Yes

Included in Bright Futures GPA calculation? No

Included in NBPS GPA? No

NCAA Core Class? No

State University Core Class? No