

Wellness Education

Physical • Emotional • Mental • Moral • Spiritual • Social

LIVING, LEARNING, LEADING

Grade 9

- Solid X 2 Terms
- Discovering Wellness - introduction to PEMMSS model
- Strong focus on Exercise, Sleep, Nutrition, & Positive Relationships



FOUNDATIONS OF HEALTH

Grade 10

- 4 days/week X 2 Terms
- Integrating Wellness - how to apply PEMMSS model at Culver
- Investigate variety of health topics



PRINCIPLES OF LIFETIME FITNESS

- 2 days/week for 1 Term
- CPR & first aid training
- Develop fitness skills to use for a lifetime

LIFE GUARDING

Grade 11

- 2 days/week for 1 Term
- CPR & first aid training
- Must be a strong swimmer
- Swim test required



HEALTH ISSUES

Grade 12

- Solid X 1 Term
- Applying wellness concepts for future good health
- Examine “why we do what we do” & apply it to major health issues in the community

OTHER COURSES:

Healthcare Experiences

Grade 11 & 12

- 1 Term Solid
- Exposure to Health Care professionals
- Anatomy is pre-requisite

HONORS SEMINAR: WELLNESS

Grade 12

- Research Based class using hypothesis
- Students choose wellness topic to research
- Term 1 solid; Term 2- 2days/week and Term 3 - 1 day/week