

# Wellness Education

Physical • Emotional • Mental • Moral • Spiritual • Social

## LE200-2T LIVING, LEARNING, LEADING

Grade 9

- 5 days/week, 2 terms, 2 credits
- Discovering Wellness - introduction to PEMMSS model
- Strong focus on Exercise, Sleep, Nutrition, & Positive Relationships



## LE300-2T FOUNDATIONS OF HEALTH

Grade 10

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



### LE400-1T PRINCIPLES OF LIFETIME FITNESS

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

### LE400-1T LIFE GUARDING

Grade 11

- 2 days/week, 1 term, 1/2 Credit
- CPR & first aid training
- Must be a strong swimmer
- Swim test required



## LE500-1T HEALTH ISSUES

Grade 12

- 5 days/week, 1 term, 1 credit
- 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:

### LE500-1T Healthcare Experiences

Grade 11 & 12

- 5 days/week, 1 term, 1 credit
- Exposure to Health Care professionals
- Anatomy is pre-requisite

### LE800-3T HONORS SEMINAR: WELLNESS

Grade 12

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