

Health Courses

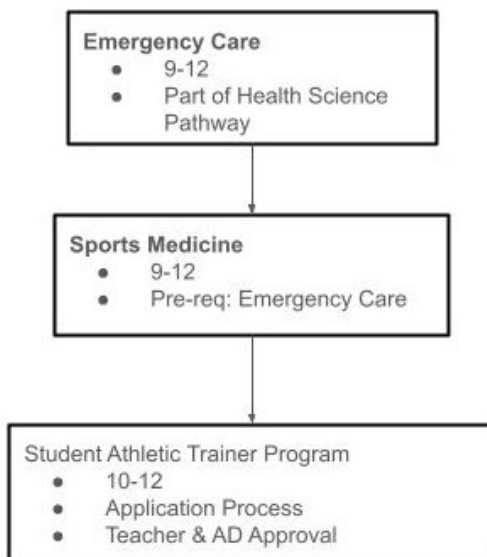
Health Courses

Wellness

- Grade 9
- Required for Graduation
- Summer School option available (end of 8th grade year, sign ups limited)

Additional Courses to Meet Selective

Personal Training
 Culinary Nutrition
 Children & Families
 Child Psychology
 Emergency Care (see additional chart to right)



*Bold = college credit available

One Health Credit is required for graduation. All students are required to take Wellness. Students may take one of the following courses in order to earn the other half of their health credit: Personal Training, Emergency-Care, Culinary Nutrition, or Children and Families. For more information, see index for page numbers.

WELLNESS

Course # 0805112

Grade: 9 **Credits:** .5 **Prerequisites:** None

Comment: Summer online course available

Course Description:

Wellness is designed to provide students with sound information and tools that enable them to make healthy decisions and live healthy lives. This course will promote responsible decision making, coping skills, and life management skills in regard to specific areas students face today. Students will understand and utilize a decision-making model and learn as we discuss: nutrition and fitness; tobacco, alcohol, illicit drugs; mental illness, suicide prevention, stress, and violence; social & family relationships; care and function of the reproductive system, sexually transmitted diseases, contraceptives, and abstinence.

SPORTS MEDICINE

Course # 1499917

Grade: 9, 10, 11, 12 **Credits:** .5 **Prerequisites:** Emergency Care and/or Current CPR/1st Aid card

Comment: Elective Credit only. College Credit Available with college pre-requisite requirements met. **Fee:** \$15

Course Description:

This one of a kind course is designed for students to gain a basic foundation in sports related injuries and the athletic training profession. Students will learn to properly evaluate, treat, tape and rehabilitate particular injuries in sports. Other topics include sports psychology, massage therapy, and rehabilitation and therapeutic techniques. Job shadow with GP athletic trainer required. Related careers include: athletic trainers, physical therapists, personal trainers, coaches, Physical Education teachers, and massage therapists.

STUDENT ATHLETIC TRAINER PROGRAM**Course #** 0809811**Grade:** 10, 11, 12 **Credits:** .5 **Prerequisites:** Emergency Care & Sports Medicine & Teacher Approval**Comment:** Elective Credit Only. Application Process and Teacher/AD approval required.**Course Description:**

Are you interested in Athletic Training or Physical Therapy as a career? As Student Athletic Trainers, you will have the opportunity to work with over 15 sports and hundreds of athletes in the training room, practice and game settings. Your participation in the GP Student Athletic Trainer Program will allow you to meet and get to know other students, athletes, coaches, administrators and possibly some area physicians. The program is also a great way to gain valuable and practical athletic training and medical experience, which will be helpful if you are interested in the Athletic Training or Medical field. It also looks great on resumes and college applications and gives you the volunteer hours needed to get into most athletic training/physical therapy programs. The coaches and athletes depend on the Athletic Training Staff and your obligations will include training room duties, practices, game set-up/ take-down and attendance during games (home and away).