

# Moving Better 1

## Class Syllabus



In this course, students will dive into how the body works, learn how to care for it, and see how personal choices impact health.

Mastery of skills will come from exploring vocabulary, engaging in lab work, and participating in hands-on activities, projects, assessments, and lively class discussions.

We'll also welcome guest speakers for different topics! Together, we'll uncover the incredible parts of the body that help us live, move, and grow. We'll learn how these parts work in harmony and discover tips to keep them strong and healthy.

Plus, this curriculum will enhance athletic performance, making you even better at sports and physical activities!

*Note: This course is a prerequisite for Moving Better 2.*

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### Topics

- Nervous System
- Sports Psychology
- Cardiovascular System
- Respiratory System
- Digestive System
- Nutrition
- Musculoskeletal System

### Lab Expectations

- I will respect lab equipment and space
- I will contribute to my group / partners in a respectful and helpful manner
- I will follow all directions given by the teacher during lab work



### FAQs

- How is this course graded? *All assignments, lab work, and INBs are graded. Points will be announced before the assignment is given.*
- Are there tests? *No, mastery is determined by lab work, INBs, and final unit projects.*
- What about cheating/AI? *Cheating is not tolerated - students will be asked to redo their work or receive a 0% and home will be contacted. Inappropriate use of AI is prohibited and will be treated the same as cheating.*