



COURSES OFFERED:

**FAMILY & CONSUMER
SCIENCES 19251G1000**

**Family Wellness
19259G0500**

**Sports Nutrition
19253G1001**

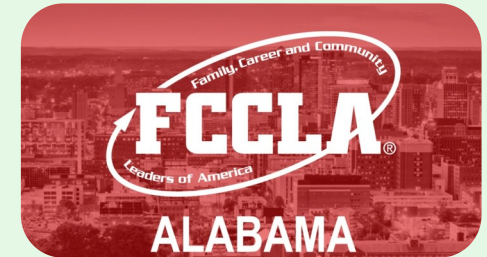


Meek High School
Malea Ergle, FACS
Instructor
6651 County Road 41
Arley, AL 35541

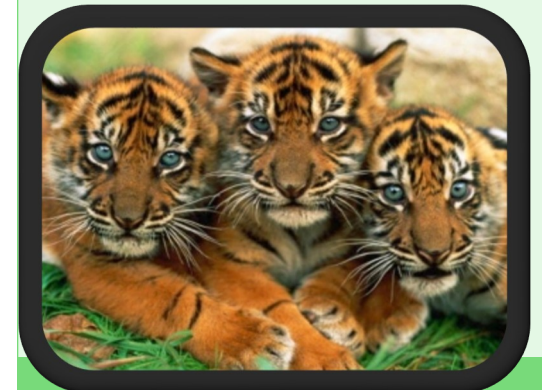
Phone: 205-384-5825
E-mail:
mergle@wcsclass.com



Meek High School
Family & Consumer Sciences
Malea Ergle, Instructor



(205) 384-5825
mergle@wcsclass.com
6651 County Road 41
Arley, AL 35541





Sports Nutrition

Sports Nutrition is designed for students interested in health, fitness, and sports performance. This course examines the relationships among nutrition, physical performance, and overall wellness and emphasizes the metabolic process and management of food choices for optimal health and physical performance. Disease prevention and health through nutrition, physical activity, and wellness practices are essential components of the course.



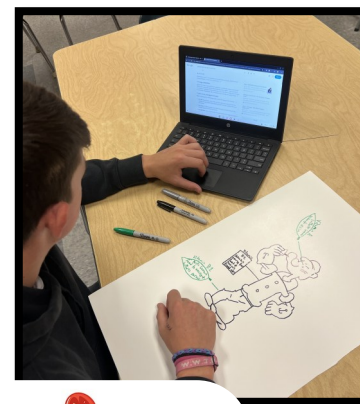
FAMILY & CONSUMER SCIENCES

Family and Consumer Sciences, the foundation course for classes in the Human Services cluster, allows students to engage with content from all four programs in the cluster. Its broad scope is designed to give students insight into financial literacy, consumer sciences, child and family studies, housing, apparel and interior design, and food and nutrition. In addition, it is intended to prepare students to select future courses and investigate career opportunities in those fields.

Career and Technical Student Organizations are integral, co-curricular components of each career and technical education course. These organizations enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and access opportunities for personal and professional growth. Students in the Human Services cluster affiliate with Family, Career, and Community Leaders of America (FCCLA).

FAMILY WELLNESS

Family Wellness is designed for students interested in health issues affecting families and communities. It provides opportunities for students to explore health throughout the lifespan. Topics include community, consumer, environmental, family, personal, mental and emotional health; nutrition, injury prevention and safety, and disease prevention.



**Meek High School ~
Family & Consumer Sciences**