Course Offerings in Wellness

Lifetime Wellness LDC (Local Dual Credit) - *EPSO*

Lifetime Wellness is a combination of physical education and health education. The content includes disease prevention and control, nutrition, substance use and abuse, mental/emotional/social health, sexuality and family life, safety and first aid, and personal fitness. Each content area is addressed in a classroom and/or physical activity setting. Personal fitness and nutrition are emphasized and integrated throughout the course. Students acquire knowledge and skills necessary to make informed decisions regarding their health and well-being throughout their lifetime. Students participate using a Heart Rate Monitor program (Heart Zones) to set fitness goals. All students must earn this credit to meet graduation requirements. Local Dual Credit (LDC) allows students to earn college-aligned course credit by completing approved coursework and sitting for and passing a qualifying exam that demonstrates mastery of the course standards. This credit is awarded through Southwest Community College.

Credits: 1.0	Grade Level: 9
Prerequisite: None; all incoming freshmen must be enrolled in Lifetime Wellness	

Lifetime Sports

Lifetime Sports is a lifetime physical fitness class for students who wish to learn how to achieve and maintain total physical fitness. The emphasis in this class is to learn different sports as it relates to rules and skills necessary to play the sport at an enjoyable level. Students completing this course will be better prepared to enjoy participating in different sports such as volleyball, basketball, badminton, and soccer. Priority for enrollment in this course is given to students who have not participated in a qualifying activity to earn a GMSD Physical Education Waiver and is based on teacher availability.

Credits: .5	Grade Level: 10-12
Prerequisite: None	

Lifetime Sports - Waiver

Students can fulfill the additional half-credit of required Lifetime Sports by submitting a waiver form signed by an HHS school-sanctioned coach. Students must submit the required documentation to their grade level counselor.

Options are also available for students participating in band, color guard, and those participating in extra-curricular athletics by providing the required documentation.

Students seeking fulfillment of the requirement outside of HHS must have the permission of the Vice-Principal or Principal prior to beginning the activity, as not every activity or pursuit will meet the requirements set forth.