

Foundations of Personal Wellness

Course Number: EL2082

Grade level: 9–12

Credits: 1.0

Prerequisite Courses: None

Course Description

Exploring a combination of health and fitness concepts, EL2082 is a comprehensive and cohesive course that explores all aspects of wellness. Offered as a two-semester course designed for high school students, this course uses pedagogical planning to ensure that students explore fitness and physical health and encourages students to learn about the nature of social interactions and how to plan a healthy lifestyle.

Course Objectives

Throughout the course, you will meet the following goals:

- Analyze how factors such as heredity, environment, and culture affect health
- Describe how individuals can address health problems and endorse health advocacy through education
- Evaluate myths associated with weight training
- Describe the functions and structures of the different systems of the body
- Analyze the relationship between nutrition, health, and wellness
- Summarize how human life begins from conception through the stages of development

Student Expectations

This course requires the same level of commitment from you as a traditional classroom course would. Throughout the course, you are expected to spend approximately 5–7 hours per week online on the following activities:

- Interactive lessons that include a mixture of instructional videos and tasks
- Assignments in which you apply and extend learning in each lesson
- Assessments including quizzes, tests, and cumulative exams

Communication

Your teacher will communicate with you regularly through discussions, e-mail, chat, and system announcements. Through this communication with your teacher, you will monitor your progress through the course and improve your learning by reviewing material that was challenging for you.

You will also communicate with classmates, either via online tools or face-to-face, as you do the following:

- Collaborate on projects
- Ask and answer questions in your peer group
- Develop speaking and listening skills

Grading Policy

You will be graded on the work you do online and the work you submit electronically to your teacher. The weighting for each category of graded activity is listed below.

Assignments	10%
Essays	0%
Lesson Quizzes	30%
Unit Tests	25%
Cumulative Exams	15%
Additional	20%

Scope and Sequence

When you log into the Virtual Classroom, you can view the entire course map, which provides a scope and sequence of all topics you will study. Clicking a lesson's link in the course map leads to a page listing instructional activities, assignments, and learning objectives specific to that lesson. The units of study are summarized below.

Unit 1: Health and Wellness Basics

Unit 2: Fitness and the Body

Unit 3: Health Maintenance

Unit 4: Healthy Behaviors