

## **HEALTH/PERSONAL FITNESS**

### **PERSONAL FITNESS**

*Course #: 1501300*

*Grade Offered: 10, 11, & 12*

*Course Length: One Semester*

*Prerequisite: None*

This course provides students with the tools to keep them looking and feeling good for a lifetime. Students learn to develop a personal fitness program and commitment to life-style choices that will develop their health and fitness. **This course is a requirement for graduation for 11-12th.**

### **LIFE MANAGEMENT SKILLS**

*Course #: 8502000*

*Grade Offered: 10, 11, & 12*

*Course Length: One Semester*

*Prerequisite: None*

The purpose of this course is to assist students with the development of essential life-management skills to enhance the quality of personal and family life. **This course is required for graduation for 10-12th.**

### **LIFE MANAGEMENT TRANSITION: 9-12**

*Course #: 7960010*

*Grade Offered: 9, 10, 11, & 12*

*Course Length: One Semester*

*Prerequisite: None*

The purpose of this course is to enable students with disabilities to apply the knowledge and skills needed to design and implement personal plans for achieving their desired post-school outcomes. These plans will address all critical transitions service areas, including instruction, related services, community experiences, employment, post-school adult living, and if needed, daily living skills and functional vocational evaluation.

### **HOPE-HEALTH EDUCATION VARIATION**

*Course #: 1506310 or 1506320 or 3026010*

*Grade Offered: 9 & 10*

*Course Length: One Year*

*Prerequisite: None*

**One of These courses is required for graduation for 9<sup>th</sup> or 10<sup>th</sup> graders.**

This course provides students with the tools to keep them healthy throughout life by making choices that will help their bodies to function properly.

OR

This course provides students with the tools to keep them looking and feeling good for a lifetime. Students learn to develop a personal fitness program and commitment to life-style choices that will develop their health and fitness

OR

The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness.