

West Linn–Wilsonville School District
Health & Physical Education Department – Course Statement

Course Title: Proficiency Based Credit (PBC) Wellness – Nia

Length of Course: Semester
Number of Credits: 1
Grade Level: 9-12
Prerequisites: None

Date of Description/Revision: January 2010

Course Description

This is a personal wellness course focused on the positive mental, physical, and social health factors which directly impact lifelong personal wellness. The class will focus on learning through **Nia**, a fitness and body movement program that incorporates martial arts, dance, and yoga. Students will attend a minimum specified number of **Nia** sessions as well as develop and execute a plan of study around a health topic beyond class time. Students will attend all seminars as scheduled. Successful completion of this class experience will earn a half (.5) semester Health credit and a half (.5) semester Physical Education credit (which can be used to fulfill the Wellness I or II graduation requirement) or could earn one semester Health credit or 1 semester Physical Education credit.

Proficiency Statements

- Each student will move toward the stated goal of the West Linn Wilsonville School District Wellness Program: **To become a self-disciplined person who pursues a healthy lifestyle.** District wellness programs offer students a way to integrate the following wellness understandings:
 - Moving and exercise can be challenging and fun.
 - There are many ways to move and get exercise. Different people enjoy different types of exercise at different times and each person should know how to choose the type and intensity of their own exercise.
 - Rewarding exercise experiences leave one with that great exhilarated feeling.
 - There is joy in learning about the way it feels to isolate muscle groups and coordinate body movements.
 - Healthy people experience a feeling of strength, agility, grace, and joy in movement.
 - Through our experiences we gain respect for the capacities and capabilities of our own bodies.
 - Understanding the body-mind connection contributes to health and a feeling of wellbeing.
 - Wellness comes with integration of the whole body, mind, and spirit: nutrition, exercise, social and emotional balance, mindful choices about our attitudes, and management of risky behaviors.
- Following study of an important health topic, student will demonstrate learning through effective written/oral communication with others with focus on student personal relevance and a healthy lifestyle

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Learning Activities & Timelines	
<p>A. Participate in all seminars.</p> <p>B. Participate in (at least) minimum specified number of Nia class sessions.</p> <p>C. Maintain a reflective journal based on class focus and readings.</p> <p>D. Choose a topic for personal research and create a final presentation of learning.</p> <p>E. Present research project.</p>	
Presentation of Learning	
<ul style="list-style-type: none">• Physically Active Lifestyle<ul style="list-style-type: none">○ Attendance/participation in required NIA class sessions○ Maintenance of reflective journal• Health Topic Research<p>A focus for learning will be presented each week. On the first day of the week, the teacher will provide a focus to be developed throughout the week. The teacher will invite reading and reflection on the topic. The personal health research topic may be inspired by one of the class focus topics or through the reading and interests of the student.</p><p>Each student will select a topic, review it with the class facilitator, develop a timeline and plan of study, complete research and study, and create a final presentation of learning. Students may choose to team with another student on the project. The chosen health topic should not duplicate a previously researched/studied topic from another class. Learning experiences could include:</p><ul style="list-style-type: none">○ Reading, writing, and online experiences○ Attendance of outside workshops and/or presentations○ Involvement with outside health-related organizations (volunteering, internship, etc.)<p>The selected health topic should be socially or personally relevant to the student with a focus on mental/emotional/social/physical wellness implications. Possible topics/projects could be:</p><ul style="list-style-type: none">○ Crafting a plan for personal wellness○ Designing a training program for a particular sport or interest (e.g., skiing, swimming, dance)○ Research on a health issue○ Creating an integrated plan for a healthy lifestyle○ Creating a class/presentation/activity for a specific audience (e.g., primary or middle school students)<p>Possible formats for final presentation of learning include:</p><ul style="list-style-type: none">○ Written paper or illustrated book○ Digital formats: website, PowerPoint, iBook, video○ Oral presentation	

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Evaluation of Learning	
<p>At the end of the semester:</p> <ul style="list-style-type: none">• Each student will complete <i>PBC Learning – Student Feedback & Evaluation</i> form and return to the course teacher by the final seminar meeting.• Students will present their research project at a seminar with other students and the course facilitator (and possibly others: NIA instructor, curriculum administrator(s), etc.). Each student's health topic learning presentation will be evaluated considering the following criteria:<ul style="list-style-type: none">○ Is the project centered on a thoughtful, authentic question?○ Has the student identified credible sources in the bibliography?○ Does the work provide well-crafted written analysis and synthesis of information and ideas?○ Has the student linked the scholarly research to reflection on personal experience of learning?○ Does the project exhibit craftsmanship in both visual and spoken presentation?• Grading – course may be taken for a grade or PASS/NO PASS. Curriculum administrator has final approval on credit award.	
Support, Mentorship, & Resources	
<ul style="list-style-type: none">• High School Facilitator<ul style="list-style-type: none">○ Conducts student seminars○ Approves student developed timelines and selected research topics○ Provides academic support as needed○ Provides evaluation of student presentation of learning• Nia Class Instructor<ul style="list-style-type: none">○ Provides information, instruction, and encouragement relative to NIA program○ Certifies physical activity (attendance and journal reflection entries)• Resources<ul style="list-style-type: none">○ <u>The Nia Technique: The High-Powered Energizing Workout That Gives You a New Body and a New Life;</u> Debbie Rosas and Carlos Rosas○ Website: Nia Technique, Inc., www.nianow.com	