

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

<u>Course Title: Wellness I</u>	
Length of Course: Semester Number of Credits: 1 Grade Level: 9 Prerequisites: None CIM Work Samples Offered in Course: speaking work sample	Date of Description/Revision: 2005
Course Overview	
<p>The Wellness courses provide alternating units of health and physical education. Students will participate and assess, monitoring their own lives, the factors which relate to positive mental, physical, and social health.</p>	
Essential Questions	Concepts providing focus for student learning
<ul style="list-style-type: none"> • How do we keep ourselves healthy? • How do we practice health-enhancing behaviors? • Why are relationships important? • Why is it important to set a goal for a healthy future? • How do we become advocates for personal, family and community health? 	
Proficiency Statements	
<p>Students will:</p> <ul style="list-style-type: none"> • Develop a greater sense of community and resulting responsibilities. • Develop integrity, personal management skills, self esteem/self image, respect for self and others, and self motivation/discipline. • Demonstrate improved listening skills, and oral communication. • Explore attitudes toward recognizing consequences of risky behavior, substances, sexuality, and personal safety in relationship to peers, poor choices, and motorized vehicles. • Demonstrate refusal skills and the ability to seek resources for help. • Develop strategies for personal safety: STIs (Sexually Transmitted Infections, including HIV), infectious diseases, first aide, and addiction. • Develop an awareness and understanding through analysis, the influences of cultural trend and media influences. • Explore how personal, social, and economic factors influence the health care system. • Apply the foundations of nutrition toward understanding in food preparation and personal and 	

West Linn–Wilsonville School District

Health & Physical Education – Course Statement

<p>consumer health.</p> <ul style="list-style-type: none"> • Explore and understand positive and negative coping mechanism. • Develop an understanding for community responsibility and become aware of the health care system in the community. • Develop an understanding of the consequences of risky behavior and personal management skills. • Understand the patterns of behavior which lead to abuse and develop skills of prevention. • Investigate peer and community influence on individuals. • Explore the environmental influence on the health of a community. 	
General Course Topics/Units/Timeframes	
<p>A. Health Education Unit</p> <ul style="list-style-type: none"> • Relationships: abstinence, safe sex/protection, appropriate dating/relationships/boundaries, sexual abuse, harassment/bullying, internet safety • Smoking • Heart Health Education • Nutrition/Body shaping: body image, eating disorders, fitness, fad diets, food fuel, supplements • Drugs and Alcohol I: introduction to drug education, gateway drugs- marijuana and prescription drugs, consequences and legal issues <p>B. Physical Education Unit</p> <ul style="list-style-type: none"> • Presidential Physical Fitness Testing/Conditioning • Court Sports • Organized Games 	
Resources	
<ul style="list-style-type: none"> • Text: <i>Glencoe Health: A Guide to Wellness</i>, Glencoe/McGraw Hill, 2001 	