

WELLNESS DEPARTMENT

The Worthington School District Wellness program promotes physical, social, and mental well-being. All Worthington Kilbourne students are required to complete a 1/2 credit of Health and 1/2 credit of Wellness for Life courses. Fulfillment of the Wellness for Life requirement comes with the successful completion of two semesters of Wellness for Life courses, usually occurring during the 9th and 11th grades. Health is usually completed during the 10th grade year.

COURSES OFFERED

Grade	Course #	Course Title	Credit
9	8920	Wellness 4 Life - Level One	1/4
11	8940	Wellness 4 Life - Level Two	1/4
10, 11, 12	8941	Strength Training	1/4
10, 11, 12	8942	Personal Wellness	1/4
10	8950	Health	1/2
9, 10, 11, 12	8960	Intro to Musculoskeletal Anatomy/Physiology	1/2
9, 10, 11, 12	8961	Athletic Training	1/2

WELLNESS 4 LIFE - LEVEL ONE

(Formerly PE 9)

1 Semester

1/4 Credit

Grade: 9(R)

Prerequisite: None

Graded: Conventional

The curriculum at this level is designed to have students participate in a combination of non-traditional physical activities and traditional team sports in a coeducational setting. Fitness records will be maintained through various assessments by both teachers and students using heart monitors, pedometers, etc. Students are required to wear athletic clothing appropriate to the activity. Evaluation will be based on meeting the minimum state required hours of participation, dressing appropriately, skill and fitness assessments, written tests and quizzes.

WELLNESS 4 LIFE - LEVEL TWO

(formerly PE 11)

1 Semester

1/4 Credit

Grades: 10, 11, 12(R)

Prerequisite: Wellness 4 Life - Level One

Graded: Conventional

The curriculum at this level is designed to create student awareness of and interest in lifetime physical activity. Students participate in less traditional team sports and more non-traditional physical activities in a coeducational setting. Fitness records will be maintained through various assessments by both teachers and students using heart monitors, pedometers, etc. Students will also design a personalized four-week fitness plan. Students are required to wear athletic clothing appropriate to the activity. Evaluation will be based on meeting the minimum state required hours of participation, dressing appropriately, skill and fitness assessments, written tests and quizzes.

STRENGTH TRAINING

1 Semester

1/4 Credit

Grades: 10, 11, 12

Prerequisite: Wellness 4 Life - Level One

Graded: Conventional

This course is an alternative to Wellness 4 Life - Level Two and concentrates on the six components of total fitness: muscular strength, muscular endurance, flexibility, body composition, and nutrition with an emphasis on muscular strength. Students will have a core set of lifts used by all but the program will be individualized to meet student needs and goals. Fitness records will be maintained through various assessments by both teachers and students using heart monitors, pedometers, etc. Students are required to wear athletic clothing appropriate to the activity. Evaluation will be based on meeting the minimum state required hours of participation, dressing appropriately, skill and fitness assessments, written tests and quizzes.

PERSONAL WELLNESS

1 Semester

1/4 Credit

Grades: 10, 11, 12

Prerequisite: Wellness 4 Life - Level One

Graded: Conventional

This course is an alternative to Wellness 4 Life - Level Two and is designed for students interested in improving their personal level of fitness. Students will design and implement short-and long-term fitness goals based on various physical assessments. Emphasis will be on improving cardiovascular efficiency, strength, flexibility, and nutrition. Students exercise four days per week and engage in weekly class discussions. Activities include walking, jogging, weight lifting, yoga, aerobics, stretch bands, and others. Fitness records will be maintained through various assessments by both teachers and students using heart monitors, pedometers, etc. Students are required to wear athletic clothing appropriate to the activity. Evaluation

tion will be based on meeting the minimum state required hours of participation, dressing appropriately, skill and fitness assessments, written tests and quizzes.

HEALTH EDUCATION

1 Semester

1/2 Credit

Grades: 10(R), 11, 12

Prerequisite: None

Graded: Conventional

The intent of the Health course is to help young people make independent, informed decisions concerning their physical, mental, and social well being. Students are encouraged to discover their unique capabilities and to assume responsibility for developing attitudes and patterns of behavior that will promote a full and satisfying life.

Individual, family, and community concerns are considered in relation to the factors affecting health in today's world. The physical, social, emotional, and psychological development of youth is explored. Teaching methods utilized include lecture, discussion, video and practical applications.

Due to the graduation requirement, all sophomores and any junior or senior transfer student who has not previously received credit in health must complete one semester of Health. Evaluation methods include written tests, quizzes, homework, oral/written reports.

INTRODUCTION TO MUSCULOSKELETAL ANATOMY/PHYSIOLOGY

1 Semester

1/2 Credit

Grades: 9, 10, 11, 12

Prerequisite: None

Graded: Conventional

This course is an introduction to human musculoskeletal studies. In this course you will be learning to identify the bones, muscles, and the physiological processes that enable these structures to function and produce movement. Instructional activities will emphasize visual learning utilizing models, software, self application and diagramming. This course provides an opportunity for students considering a career in the medical sciences to establish a basic foundation of human structure. Although a prerequisite to Athletic Training, this course does not include the expectation to pursue athletic training.

ATHLETIC TRAINING

1 Semester

1/2 Credit

Grades: 9, 10, 11, 12

Prerequisite: Intro to Musculoskeletal

Anatomy and permission of instructor

Graded: Conventional

In this course students will be able to apply the basic principles of anatomy and physiology learned in Introduction to Musculoskeletal anatomy to the human body such as 1.) injury evaluation, 2.) physiological response to trauma, and 3.) advanced rehabilitation techniques. This class will also explore medical field career choices such as physician, nurse, athletic trainer, physical therapist, occupational therapist, radiologist and exercise physiologist. Students must be able to stay on task as content areas of interest such as nutrition, ergogenic aids (e.g., steroids), and controversial issues will be explored independently. This class will be evaluated through homework, quizzes, research papers, and clinical practice.