

# HEALTH/PE

## HEALTH & PE

1.0 credit/4.0 weight

In this course the learner will develop knowledge and skills to enhance mental and emotional well-being. Students will also study and learn how to enhance their personal and consumer health. Other study areas include healthy and effective interpersonal communication and relationship skills; self-management skills in the areas of nutrition and physical activity for healthy growth, development, and maintenance; and the danger related to substance abuse. In addition, time will be spent developing competency in a variety of movement forms and proficiency in a few to gain competence toward lifetime physical activities. Each year UCHS participates in the program “Relationships” as part of the Teen Series specially designed for 9<sup>th</sup> graders. The course is presented by educators from the Council on Adolescents of Catawba County who have been specifically trained in this area. A copy of the curriculum for this program is available in the school office if you wish to review the curriculum in person.