

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 9th 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.