

HEALTH AND PHYSICAL EDUCATION

For high-achieving school
students Grades 8 - 12

THE
BIG RED
GROUP



HEALTH AND PHYSICAL EDUCATION

Health

This course is based on a rigorously researched scope and sequence that covers the essential concepts of health. Students are provided with a variety of health concepts and demonstrate their understanding of those concepts through problem-solving. The five units explore a wide variety of topics that include nutrition and fitness, disease and injury, development and sexuality, substance abuse, and mental and community health.

Health 1: Life Management Skills

What does it mean to be healthy? In the simplest terms, it means taking care of our body and mind. Explore the connections between your physical, mental, and social health. Learn how to promote better health by decreasing stress and finding a fuller vision for your life through lifestyle choices, interactions with others, healthcare, and making sensible dietary choices. Build your plan to ensure your overall health, happiness, and well-being!

Health and Physical Education 1a: Introduction

Your health is more than skin-deep- or should we say muscle-deep? There are many factors that influence your fitness from biological predispositions to the foods you eat, the sleep you get, your psychology, and more! This course will go beyond the superficiality of fitness and dig into the science behind it. You will explore the basics of how to assess your baseline fitness, design and implement a fitness plan, fuel your body to achieve your fitness goals, and stay safe while improving your health. Physical fitness is a journey, not a destination: start your expedition now!

Health and Physical Education 1b: Invest in Your Health

You've already HIIT the mat and warmed up your understanding of health and fitness, but now we're going to stretch you're understanding and feed your healthy habits. In this course, you will learn about the four domains of health- physical, mental, emotional, and social- and their interconnection, how to set goals for healthy living, and how relationships and choices can impact your health. You'll also explore different entities and influences and their role in your daily health as well as how to build healthy communities to help you thrive.

Personal Fitness

What does being fit really mean? Is it just based on physical appearance or is it something deeper? Though we strive to be healthy and make sensible choices, it's difficult to know how to achieve this. It's not only about losing weight or lifting a heavy barbell; in Personal Fitness you will learn about body functions, safety, diet, goals, and strategies for longevity. Human beings, in both body and mind, are complex and highly sensitive organisms that need the right attention to physically excel and feel great. Being fit is about living life to the fullest and making the most of what you have—yourself! Explore the world of healthy living and see how real fitness can be achieved through intention, effort, and just the right amount of knowledge.

Physical Education

This course's three units include Getting Active, Improving Performance, and Lifestyle. Unit activities elevate students' self-awareness of their health and well-being while examining topics such as diet and mental health and exploring websites and other resources. In addition to being effective as a stand-alone course, the components can be easily integrated into other health and wellness courses.

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