



**Brief Course Description:**

Exploring a combination of health and fitness concepts, Foundations of Personal Wellness is a comprehensive and cohesive course that explores all aspects of wellness. Offered as a two-semester course designed for high school students, this course uses pedagogical planning to ensure that students explore fitness and physical health and encourages students to learn about the nature of social interactions and how to plan a healthy lifestyle

All Davis School for Independent Study (DSIS) courses are the same rigor, educational quality, and intellectual challenge substantially equivalent to in-person instruction and equivalent classroom-based courses, and shall be aligned to all relevant local and state content standards. The courses taken through DSIS Virtual Academy are facilitated in an entirely virtual format. Courses are facilitated generally asynchronously, with opportunities for live/synchronous courses and small group interactions as well as 1-on-1 teacher-student meetings. Assessments are done through Edgenuity courses where credentialed teachers review and assess student learning. DSIS Virtual students also participate in district-wide assessments such as CAASPP and i-Ready.

**Context for Course:**

**List the State/District Standards addressed in this course.** This course adheres to the California Health Content Standards and Framework.

**History of Course Development:**

This is an updated course outline written as a result of the addition of the Virtual Academy. This course is a graduation requirement.

**FAIR Act Inclusion (“...a study of the role and contributions of both men and women, Native Americans, African Americans, Mexican Americans, Asian Americans, Pacific Islanders, European Americans, lesbian, gay, bisexual, and transgender Americans, persons with disabilities, and members of other ethnic and cultural groups, to the economic, political, and social development of California and the United States of America, with particular emphasis on portraying the role of these groups in contemporary society.”):** This course aligns with the FAIR Act through its study of how factors such as heredity, environment and culture affect health. This course recognizes a variety of lifestyles and situations.

**COURSE GOALS AND/OR MAJOR STUDENT OUTCOMES**

This course provides students the tools to plan a healthy lifestyle.

**COURSE OBJECTIVES**

- Analyze how factors such as heredity, environment, and culture affect health
- Describe the functions and structures of the different systems of the body
- Analyze the relationship between nutrition, health, physical activity, and wellness
- Identify characteristics of good mental and emotional health
- Summarize the effects of tobacco use on family, finances, and society and the effects of alcoholism on families and society
- Describe the importance of physical fitness for all ages and abilities
- Describe how people react to stress physically, emotionally, and behaviorally

**COURSE OUTLINE**

- Health and Fitness Basics
- Safety, Wellness, and Personal Success
- Fitness and the Body
- Cardiorespiratory Fitness and Being Sports Ready
- Health Maintenance and Nutrition
- Adolescent Development, Infections, and Diseases

- Mental Health, Stress, and Relationships
- Tobacco, Alcohol, and Drugs

### TEXTS AND SUPPLEMENTAL INSTRUCTIONAL MATERIALS

#### Edgenuity Online Curriculum

Previously Adopted?    No                      No (If no, provide information directly below)

Cost per book

Total Cost

Budget Source:

#### Other:

All materials are contained within the Edgenuity Online Platform

### DIFFERENTIATED INSTRUCTIONAL METHODS AND/OR STRATEGIES

- This course will be delivered online
- Interactive lessons that include a mixture of instructional videos and tasks
- Assignments in which you apply and extend learning in each lesson
- Assessments, including quizzes, tests, and cumulative exams

### ASSESSMENT METHODS AND/OR TOOLS

- Assignments
- Lesson Quizzes
- Unit Tests
- Cumulative Exams

### ASSESSMENT CRITERIA

Students will be assessed on work completed and submitted to the teacher including quizzes, unit tests, cumulative exams, and assignments

### HONORS COURSES ONLY

Indicate how this honors course is different from the standard course.

