

Foundations of Personal Wellness – EL2082

Course Overview and Syllabus

Course Number: EL2082

Grade level: 9-12

Prerequisite Courses: None

Credits: 1.0

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.

Course Objectives

Throughout the course, you will meet the following goals:

- 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

Student Expectations

This course requires the same level of commitment from you as a traditional classroom course. Students are expected to spend approximately five to seven hours per week online on the following:

- 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



Your teacher may also require you to track your fitness activities, using the online Fitness Log. You can access this log by clicking the heart monitor icon on the Course Map page.

Communication

Your teacher will communicate with you regularly through discussions, email, chat, and system announcements. You will also communicate with classmates, via online tools or face-to-face, as you collaborate on projects, ask and answer questions in your peer group, and develop your speaking and listening skills.

Grading Policy

You will be graded on the work you do online and the work you submit electronically to your teacher. The weighting for each category of graded activity is listed below:

Grading Category	Weight
Assignments	20%
Lesson Quizzes	30%
Unit Tests	30%
Cumulative Exams	20%

Scope and Sequence

When you log into Edgenuity, you can view the entire course map—an interactive scope and sequence of all topics you will study. The units of study are listed below:

Unit 1: Health and Fitness Basics

Unit 2: Safety, Wellness, and Personal Success

Unit 3: Fitness and the Body

Unit 4: Cardiorespiratory Fitness and Being Sports Ready

Unit 5: Health Maintenance and Nutrition

Unit 6: Adolescent Development, Infections, and Diseases

Unit 7: Mental Health, Stress, and Relationships

Unit 8: Tobacco, Alcohol, and Drugs