

Foundations of Personal Wellness

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, this comprehensive and cohesive course explores all aspects of wellness. Offered as a two-semester course designed for high school students, coursework 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 how individuals can address health problems and endorse health advocacy through education
- Evaluate myths associated with weight training
- Describe the functions and structures of the different systems of the body
- Analyze the relationship between nutrition, health, and wellness
- Summarize how human life begins from conception through the stages of development

Student Expectations

This course requires the same level of commitment from you as a traditional classroom course would. Throughout the course, you are expected to spend approximately 5–7 hours per week online on the following activities:

- 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

Communication

Your teacher will communicate with you regularly through discussions, email, chat, and system announcements. You will also communicate with classmates, either via online tools or face to face,

as you collaborate on project, ask and answer questions in your peer group, and develop 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	10%
Lesson Quizzes	30%
Unit Tests	25%
Cumulative Exams	15%
Additional	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 summarized below:

- Unit 1:** Health and Wellness Basics
- Unit 2:** Fitness and the Body
- Unit 3:** Health Maintenance
- Unit 4:** Healthy Behaviors