



Health and Physical Education

Course Description

This course will enable students to gain knowledge and skills about healthful living topics. The following broad healthful living topics are the focus of instruction: The nature of health, health risks, health education, stress management, substance abuse, nutrition and weight management, self-protection, relationships, ATV and motorcycle safety and personal fitness. Recreational dance, lifetime games and sports, personal fitness, setting up fitness programs, and the strategies of various sports will also be addressed. All objectives meet the North Carolina Standard Course of Study. The class is offered once per semester and students may earn one credit towards the Health and Physical Education credit needed to meet the state of North Carolina graduation requirements.

The parents of students taking this course will need to sign a Parental Permission Form granting parental permission for their son and/or daughter to take this course. The Parental Permission Form is available through the Distance Learning Advisor (DLA) at the child's school. The parents need to sign the Parental Permission Form and return it to their child's DLA. If a Parental Permission Form is not signed and returned to the child's DLA, then the student will be denied access to this course.

Prerequisites

None

DLAs, to see a current list of textbooks and course materials, including required websites, please go to the Textbook Tab in the DLA SPA.