

SECTION XII
WELLNESS, FAMILY AND CONSUMER SCIENCE

WELLNESS PHILOSOPHY

The Wellness curriculum provides students with the opportunity for optimum development of their physical, mental and social well being. Learning experiences will promote resiliency, positive attitudes and behaviors that enhance the quality of life and maximize personal potential. Health activities will provide students with the knowledge to think critically, communicate effectively, make good decisions and act responsibly. Through physical activities - both recreational and competitive - we will strive to increase levels of physical fitness. Medfield High School's philosophy promotes physical activity as part of a healthy and well-balanced life style.

WELLNESS OBJECTIVES

1. Students will learn current concepts of health promotion, disease prevention, and risk assessment in relationship to lifelong growth and development.
2. Students will develop individual competence and versatility in movement skills, movement concepts, and the relationship of physical activity to lifelong health.
3. Students will analyze the impact of social, cultural, economic, and environmental factors on health.
4. Students will identify, use, and evaluate health information and resources.
5. Students will assess health beliefs, attitudes, and behaviors in order to set achievable goals, monitor progress, and evaluate outcomes.
6. Students will develop and demonstrate the ability to assess risk, consider potential consequences, and make health-enhancing decisions.
7. Students will learn to manage resources and practice behaviors that protect and enhance their physical, intellectual, emotional, and social health.
8. Students will receive health information that is presented clearly and accurately.
9. Students will learn about healthy collaborations for safe and supportive social environments.

SEQUENCE OF COURSES

Grade 9

All freshmen are required to pass a full year of **Wellness I**.

Freshmen may also choose from the following elective courses in Family and Consumer Science:

Foods

Child Care and Development

Discovery Zone - Connecting with Children

Grade 10

All sophomores are required to pass a full year of **Wellness II**.

Sophomores may also choose from the following elective courses in Wellness or Family and Consumer Science:

Foods

Child Care and Development

Discovery Zone - Connecting with Children

Let's Dance

Personal Safety

Grades 11 and 12

Juniors and seniors may elect one or more of the following semester courses* in Wellness or Family and Consumer Science:

Foods
Survival Skills
Child Care and Development
Discovery Zone - Connecting with Children
Activities for Life
Let's Dance
Personal Fitness
Personal Safety
Outdoor Pursuits (*not an option for juniors)

REQUIRED COURSES

WELLNESS I & II (Grades 9 & 10)

Full year

5 credits

Wellness is a required course for all grade 9 and 10 students that will provide students with a combination of Health and Physical Education activities. Wellness concepts will be explored in the classroom through active learning, research and personal assessment. Physical activities will foster the relationship of physical and personal well being through various sport, fitness and recreational activities. Two years of Wellness with a passing grade are required for graduation.

Wellness I (Grade 9)

Course #016/017

Wellness II (Grade 10)

Course #018/019

WELLNESS ELECTIVES

To support the continued study of Wellness, electives are available for all students through a variety of courses. The goal of the electives is to provide students with the knowledge and skills needed for responsible and effective management of their lives. Courses are offered for students wanting physical activity and the opportunity to discuss and explore critical life issues. The Wellness curriculum strives to assist students with life management skills at a time when they are assuming greater responsibility for themselves and within their families and communities.

FOODS (College) (Grades 9-12)

One semester

2.5 credits

This one semester course provides an introduction to food preparation. Class activities are designed to explore various healthy snacks, breakfast, lunch and dinner foods. Basic nutrition and healthy eating habits will be discussed along with food choices, meal planning techniques, consumer education, convenience foods and related current events.

Foods (College)

Course #907

CHILD CARE AND DEVELOPMENT (College) (Grades 9-12)

One semester

2.5 credit

This one semester course explores the physical, social, emotional, psychological and intellectual needs of children from conception through age five. Instruction involves topics such as conception, pregnancy, birth, infant care, various parenting skills, daycare and preschool needs. The course is designed to include student projects, videos, guest speakers and field trips where children are observed at various developmental stages. Child Care and Development is recommended for those students who are interested in children or are considering a career in early childhood education, teaching, child psychology, and health and medical professions.

Child Care and Development (College)

Course #900

DISCOVERY ZONE - CONNECTING WITH CHILDREN (College) (Grades 9-12)

One semester

2.5 credits

Students will participate in activities and hands-on experiences that explore the health and physical needs of young children ages 5 and older. The course will identify a child's stages of development through interactions and visits with preschool children. Activities on the playground will be observed to increase an understanding of physical development and play skills. Techniques and positive ways to interact with children will also be discussed. This course would be valuable for those who enjoy children and/or are considering a career with children.

Discovery Zone - Connecting with Children (College) Course #916

SURVIVAL SKILLS (College) (Grades 11-12)

One semester

2.5 credits

This one semester course explores daily survival skills for college and real-life issues you'll encounter during and after high school. Topics include stress overload, relationships, consumerism, healthy food choices, decision making skills, money management and teenage risk behaviors. Class activities include group projects, food labs, guest speakers, an individual career research paper and a health education paper. Challenge yourself to develop the skills needed to survive as a young adult.

Survival Skills (College) Course #915

THE FOLLOWING COURSES REQUIRE PRIOR APPROVAL OF THE INSTRUCTOR: (All of these courses are graded on a pass/fail basis and are therefore not calculated into the GPA.)

ACTIVITIES FOR LIFE (Grades 11-12)

One semester 2.5 credits

This course will help you increase your energy level, reduce fatigue and improve your fitness level while having fun. Daily stress can have a negative impact on your emotional and physical health. Reduce that stress by joining us for team games and tournaments in both competitive and recreational activities. **This course is not calculated into the GPA.**

Activities for Life Course #040

LET'S DANCE (Grades 10-12)

One semester 2.5 credits

In this introduction to ballroom dance, we will learn the basics of the waltz, foxtrot, cha-cha, rumba and swing. You will be encouraged to share your individual talents through peer teaching. The possibilities are endless...from hip-hop to tap, you bring it! We will also explore the history and influence of dance in our society by viewing several films throughout the semester. **This course is not calculated into the GPA.**

Let's Dance Course #038

OUTDOOR PURSUITS (Grade 12)

One semester 2.5 credits

Outdoor Pursuits is a senior elective that will develop group leadership skills, teamwork, and critical thinking through activities. Students will participate in group problem solving activities, hiking, orienteering, biking, archery, snowshoeing, and fun outdoor leisure activities. **This course is not calculated into the GPA.**

Outdoor Pursuits Course #032

PERSONAL FITNESS (Grades 11-12)

One semester 2.5 credits

This course will provide students with an opportunity to develop his/her own conditioning programs. Daily workouts in the weight room and fitness center will be supplemented with outdoor activities. This program is based on established fitness principles, which will be applied specifically to the needs and interests of the individual. This course will meet the needs of any person wanting to improve their personal fitness or prepare for the next athletic season. **This course is not calculated into the GPA.**

Personal Fitness Course #043

PERSONAL SAFETY (Grades 10 - 12)

One Semester 2.5 Credits

Confidence – Power – Safety. This class will help give you the skills to take control of your life. We teach you to stay calm, to focus, and to appropriately respond in the moment of fear and intimidation. We will address boundary setting, assertiveness skills, relationships and dating safety. You will learn different techniques and behaviors which will empower you in an actual assault. Your verbal and physical skills will be practiced through simulated attacks against a padded assailant. You have the right to live all aspects of your life in safety and confidence. The course is highlighted by a full-day retreat. Come be empowered! **This course is not calculated into the GPA.**

Personal Safety Course #033