

## Wellness / PE Course Description

The content of the course includes six standards:

- 1: Disease Prevention & Control.
- 2: Mental, emotional, and social health.
- 3: Nutrition.
- 4: Personal fitness.
- 5: Safety and First Aid.
- 6: Substance Use and Abuse.

Each content area is addressed in a classroom and/or physical activity setting. Personal fitness is emphasized and integrated throughout the course. Students are provided opportunities to explore how content areas are interrelated. Students acquire knowledge and skills necessary to make informed decisions regarding their health and well-being throughout their lifetime.

**TEXTBOOK** Prentice Hall Health. **Author** Pruitt, Allegrante, Prothrow-Stith