

Title: Principles of Wellness and Human Performance Honors

Prerequisite: Must have completed the NC Required Health and PE Course, plus one other Honors level course with a final grade of B or higher

Description: Principles of Wellness and Human Performance is a combination of classroom study, mini-labs, research, weight training, cardiovascular, and other fitness activities. Students will accelerate beyond the fundamental aspects of wellness into more specific topics such as Biomechanics, Bioenergetics, and Exercise Physiology. The benefits of exercise and its effect on the systems of the body will be introduced. Students will acquire knowledge to positively affect the wellness and physical performance of not only themselves, but others as well through peer mentoring. Nutritional analysis, the effects on performance, eating disorders, and gender differences in exercise will also be covered. Safety aspects of performance instruction will include CPR and the use of supplements.

Learning Outcomes:

- Prevention and control of disease: Students will demonstrate self-management and advocacy skills while understanding the relationships among the health behavior and prevention of disease.
- Promotion of healthy eating: Students will demonstrate self-management, analyzing influences, goal setting and advocacy skills while understanding the components of healthy eating. Students will demonstrate the ability to design an individualized healthy eating plan for themselves and others.
- Promotion of physical activity: Students will demonstrate the ability to design an individualized fitness program for themselves and others, match physical activities to personalities, discover why you want to be fit and healthy, discover a new mindset about exercise.
- Assessing fitness levels: Students will be able to explain in detail fitness testing behaviors, medical evaluations, fitness assessing in disabled individuals and others, finding target heart rate, determining body composition and how to change it safely.

Printed Student Name _____

Health and PE teacher name _____ Final grade in course _____

List any honors course you have taken _____ Final grade in course _____

Return this form to Coach Stanley if registering for this course. See or email him if you have questions, robert.stanley@bcsemail.org