

Course: HOPE Health & Nutrition 30260100	
Credit for Graduation: 1.0 Credit – HOPE elective credit	
Pre-requisite:	
<p>Description: The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. Students will combine the learning of principles and background information in a classroom setting with physical application of the knowledge. A majority of class time should be spent in physical activity. Students will realize the full benefit of this course when it is taught with an integrated approach.</p>	<p>Expectations: In addition to the physical education component of this class, we will explore specific health education topics such as:</p> <ul style="list-style-type: none"> • Mental and Emotional Health • Nutrition and Fitness • Drug Awareness • Stress Management/Suicide Prevention • Human Growth/Sexuality • Family Life • Disease Prevention with HIV/AIDS • Safety and Injury Prevention • Violence Prevention • Environmental Awareness • Consumer Education • Mindfulness • Hazards of Smoking <p>Together, we will explore behaviors, beliefs, and variables that affect our health. We will learn how to make healthy choices for ourselves, our families, and our communities.</p>
<p>Resources/Materials: Glencoe Health textbook, Safer Choices (sex-ed. Curriculum), TedTalks, CDC, and various online resources for health, exercise, nutrition information, etc.</p> <p>Website:</p>	

<p>Course: Yoga 15023000 & 15023100 HOPE PE: #15063200</p>	
<p>Credit for Graduation: 1.0 Credit – HOPE elective credit</p>	
<p>Pre-requisite:</p>	
<p>Description:</p> <p>HOPE PE: The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. Students will combine the learning of principles and background information in a classroom setting with physical application of the knowledge. A majority of class time should be spent in physical activity.</p>	<p>Expectations:</p>
<p>Resources/Materials:</p> <p>Website:</p>	

Course: Juggling 15013000 / 15013000
HOPE PE: #15063200

Credit for Graduation: 1.0 Credit - HOPE elective credit

Pre-requisite:

Description:

HOPE PE: The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. Students will combine the learning of principles and background information in a classroom setting with physical application of the knowledge. A majority of class time should be spent in physical activity.

Expectations:

Resources/Materials:

Website:

<p>Course: Physical Education 15013400 / 15013500 HOPE PE #1506320G</p>	
<p>Credit for Graduation: 1.0 Credit – HOPE elective credit</p>	
<p>Pre-requisite:</p>	
<p>Description:</p> <p>The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement. The integration of fitness concepts throughout the content is critical to the success of this course.</p> <p>HOPE PE: The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. Students will combine the learning of principles and background information in a classroom setting with physical application of the knowledge. A majority of class time should be spent in physical activity.</p>	<p>Expectations:</p>
<p>Resources/Materials:</p> <p>Website:</p>	