



# CONSUMER SCIENCES HEALTH & PHYS ED

**REQUIREMENTS:** Phys Ed/Fitness/Pool each year; Health during Grades 10, 11 and 12

## **BORDERLESS COOKING & BAKING**

# 5662  
Grade level: 9, 10, 11, 12  
Credit: 0.50

In this course you will learn the basics of cooking and baking and research, write and present the origins, ingredients, and recipes of various international cultures. Students are encouraged to expand their culinary tastes.

Fee: \$ 25.00

## **CHILD GROWTH AND DEVELOPMENT**

# 5622  
Grade level: 10, 11, 12  
Credit: 0.50

This is a study of the physical, social and emotional development of the child from the prenatal period through age ten. There will be emphasis on the following areas - prenatal development, birth, infancy, childcare, sibling rivalry, toys, hyperactivity and schools. Techniques in handling children in special situations will also be included.

## **DRIVER'S EDUCATION**

# 5592  
Grade level: 9, 10, 11, 12  
Credit: 0.50

This is a state certified Driver's Education Program. The class is for students both with and without the permit. We will cover everything from basic controls to signs & markings, changing of tires, extensive intersection work, parallel parking, winter driving and everyday defensive driving techniques. This class may help lower your insurance cost by up to 10% every year until you are 21. There is a fee of \$100 for this course (payable to Transportation Solutions). Behind the Wheel training is also available for an additional \$290 (payable to Transportation Solutions).

Fee: \$ 100

## **FITNESS & HEALTH**

# 4531  
Grade level: 11, 12  
Credit: 0.50

Fitness will provide students with the basic knowledge and techniques to achieve life long physical well-being. Fitness knowledge, techniques, and skills will develop through the participation of independent/class workouts and team games. Once this foundation is set the students will design their own realistic fitness programs and execute their program throughout the quarter. In the end this course will encourage students of all fitness levels to have more energy and confidence in their own physical well being. The Health component will center on concerns regarding self esteem, reproductive health, date rape, pregnancy, alcohol and drug influence on sexual activity and media influences on sexuality and the STD epidemic.

## **HEALTH**

# 2522  
Grade level: 10  
Credit: 0.50

This class focuses on issues facing today's teen. The class will address issues such as substance abuse as well as sex and sexuality. The class is taught from a Catholic perspective to encourage students to evaluate personal decisions. Overall the class will promote self-awareness and confidence to encourage healthy teenage years.

## **PHYSICAL EDUCATION**

# 1511 – Grade 9  
# 2511 - Grade 10  
Credit 0.25

Physical Education is designed to develop individual and team play, leadership skills, and interest in lifetime fitness. Among the activities will be soccer, hockey, volleyball, basketball, softball and personal fitness workouts.

## **POOL**

# 5532  
Grade level: 9, 10, 11, 12  
Credit: 0.50

This non-core class includes: water aerobics, fitness swims, stroke work, games and free swim time. Any swim level experience is fine; no need to be a "swimmer". There's something for everyone! This class will be offered at the end of the day. Students may take this course more than once.

## **POOL & HEALTH**

# 4521  
Grade level: 11, 12  
Credit: 0.50

This class includes: water aerobics, fitness swims, stroke work, games and free swim time. Any swim level experience is fine; no need to be a "swimmer". There's something for everyone! This class will satisfy the Phys Ed requirement for Juniors and Seniors and will be offered at the end of the day. The Health component will center on concerns regarding self esteem, reproductive health, date rape, pregnancy, alcohol and drug influence on sexual activity and media influences on sexuality and the STD epidemic.