

HEALTH

The Parkway District requires one-half credit of Health for high school graduation.

HEALTH AND WELLNESS 077100

Grades: 10-12

HEALTH EDUC

1/2 credit (required)

Prerequisite: Sophomore standing

Health & Wellness education is required for all students during their sophomore year. This comprehensive course includes the topics of personal wellness, nutrition, safety & first aid, disease prevention, human sexuality and healthy relationships, substance abuse & prevention, and community & environmental health.

INTRODUCTION TO THE FIELD OF SPORTS

MEDICINE 087900

Grades 11-12

INTRO SPTMED

1/2 credit (elective)

Prerequisite: Health Education and Physical Fitness Concepts

This course introduces the field of Sports Medicine to the high school student, and is an elective available to them in their junior or senior year. This comprehensive course includes the topics of professional aspects of athletic training, basics of anatomy and physiology, basics of prevention, first aid and rehabilitation, lower and upper extremity injuries, axial injuries and other athletic conditions and concerns. The course requires practical experience in the care of specific injuries with the high school sports program and athletic trainer.