

Health and Physical Learning courses

Courses that meet the criteria for Health and Physical Learning will encourage students to lead physically active, health-enhancing lives. These courses will focus on developing interests and behaviors that improve quality of life.

Criteria:

Courses in health and physical learning will

1. examine concepts, principles, and strategies as they apply to healthful learning and living
2. support physical activity for health, enjoyment, challenge, and self-expression
3. promote responsible personal and social behavior that respects self and others
4. emphasize regular active participation to support and sustain good health

Student learning outcomes:

Students will

1. assess their own health status and understand the relationship of healthful living to their quality of life.
2. demonstrate the ability to evaluate healthy activities in terms of social, emotional, and physical benefits.
3. exhibit the skills, knowledge, interest, and desire to independently maintain an active lifestyle

Students in a course with a physical activity component will additionally:

4. demonstrate knowledge of safe and effective movement techniques and/or concepts
5. value physical activity as an opportunity for enjoyment, challenge, self-expression, and social interaction
6. apply understanding of concepts and principles to enhance acquisition and performance in movement settings
7. demonstrate participation behaviors that promote personal and group success in activity settings