

Course Syllabus

PL/VS, Career Choices-Agriculture Sciences

Morgan County Curriculum 4.1 High School, Final
Morgan County School District

Upon reviewing assessment results, the Morgan County High School will help the student and parent to determine what courses their child needs to take during their high school career, utilizing the Individual Learning Plan (ILP)

Physical Education

PERSONAL WELLNESS: Wellness is maximum well-being or total health. Personal wellness is a combination of physical, mental, emotional, spiritual and social well-being. It involves making behavioral choices and decisions each day that promote an individual's physical well-being, the prevention of illness and diseases and the ability to remain physically, mentally, spiritually, socially and emotionally wellness. **PSYCHOMOTOR SKILLS:** Cognitive information can be used to understand and enhance the development of motor skills such as movement sequences and patterns. Individuals who understand their bodies and how to perform various movements will be safer and more productive in recreation and work activities. Development of psychomotor skills contributes to the development of social and cognitive skills. **LIFETIME PHYSICAL WELLNESS** is health-focused. The health-related activities and content utilized are presented to help students become more responsible for their overall health status and to prepare each student to demonstrate knowledge and skills that promote physical activity throughout their lives. Physical education uses physical activity as a means to help students acquire skills, fitness, knowledge and attitudes that contribute to their optimal development and well-being. Physical, mental, emotional and social health is strengthened by regular involvement in physical development.

■ 2.2.01 (DOK 2) ASSESSED

The learner will be able to explain how physical, emotional/mental, and social benefits result from regular participation in leisure/recreational or competitive physical activities: **PHYSICAL:** Disease prevention, weight management, muscular strength, muscular endurance, flexibility, cardio-respiratory endurance, control of body movements, increased metabolism, reduction of body fat, decrease in cholesterol, decreased heart rate.

MENTAL/EMOTIONAL: Reduces anxiety/stress,

depression provides better body image, improves self-discipline, and self-respect. **SOCIAL:** Provides opportunity for interaction with others, cooperation, friendship, teamwork, respect for others, and tolerance.

■ 2.3.01 (DOK 3) ASSESSED

The learner will be able to describe the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory endurance) and apply the FITT Principle (Frequency, Intensity, Type, Time) to create a comprehensive exercise plan.

■ 2.3.02 (DOK 2) Supporting

The learner will be able to compare offensive and defensive strategies and basic rules of play for a variety of games and sports.

■ 2.3.03 (DOK 3) Supporting

The learner will be able to analyze the value and role of rules, fair play, cooperation, and sportsmanship for spectators/participants during games and sports.

Consumerism

CONSUMER DECISIONS: Individual and families need to make consumer decisions due to the numerous products/services on the market, multiple advertising techniques, and the need to make responsible financial management decisions. Accessing and assessing consumer information, comparing and evaluating products and services, provides basis for making effective consumer decisions. Consumer decisions influence the use of resources and impact they have on the community and environment.

■ 3.3.01 (DOK 3) ASSESSED

The learner will be able to compare consumer actions (reuse, reduce, recycle, choosing renewable energy sources, using biodegradable packaging materials, composting) and analyze how these actions impact the environment (e.g., conserving resources; reducing water, air, and land pollution; reducing solid waste; conserving energy; greenhouse effect, slowing global warming).

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■ 3.3.02 (DOK 2) Supporting

The learner will be able to describe the relationship among private, public, and nonprofit health agencies and compare the services provided by each agency: Private health care facilities (e.g., private physicians, nursing homes, rehabilitation facilities) Hospitals: Public Health Departments and Clinics: DES (Disaster and Emergency Services), Family Resource Centers: Medicare/Medicaid Insurance: Nonprofit health organizations (e.g., American Heart Association, American Red Cross, American Cancer Society).

Vocational Studies

CAREER AWARENESS, EXPLORATION, PLANNING:

Career awareness, exploration and planning gives students the opportunity to discover the various career areas that exist and introduce them to the realities involved with the workplace. many factors need to be considered when selecting a career path and preparing for employment. Career awareness, exploration and planning will enable students to recognize the value of education, learn how to plan for careers and integrate academic subjects.

■ 4.1.07 (DOK 2) Supporting

The learner will be able to compare post-secondary options (e.g., community technical colleges, 4-year colleges, military service) that would be the most appropriate preparation for a specific career path.

Health Education

PERSONAL WELLNESS: Wellness is maximum well-being or total health. Personal wellness is a combination of physical, mental, emotional, spiritual and social well-being. It involves making behavioral choices and decisions each day that promote an individual's physical well-being, the prevention of illness and diseases and the ability to remain physically, mentally, spiritually, socially and emotionally wellness.

■ 1.2.01 (DOK 3) ASSESSED

The learner will be able to analyze the effect of individual behavior choices and habits relating to diet, exercise, rest, and other choices (e.g., tobacco, alcohol, and other drug use) on various body systems (e.g., circulatory, respiratory, nervous, digestive).

■ 1.2.02 (DOK 2) ASSESSED

The learner will be able to describe symptoms, causes, patterns of transmission, prevention, and treatments of communicable diseases (e.g., hepatitis, tuberculosis, STD/HIV) and non-communicable diseases (cancer, diabetes, obesity, cardiovascular disease, arthritis, osteoporosis).

■ 1.2.03 (DOK 2) ASSESSED

The learner will be able to explain risks associated with unhealthy habits and behaviors (e.g., dietary, physical activity, tobacco, alcohol, steroids, other substance abuse, sexual activity, violent/aggressive behavior).