

Wellness Education

Physical • Emotional • Mental • Moral • Spiritual • Social

LIVING, LEARNING, LEADING

Grade 9

- 5 days/week, 2 terms, 2 credits
- Discovering Wellness - introduction to PEMMSS model
- Strong focus on Exercise, Sleep, Nutrition, & Positive Relationships

FOUNDATIONS OF HEALTH BEHAVIOR

Grade 10

- 4 days/week, 2 terms, 2 credits
- Integrating Wellness - how to apply PEMMSS model at Culver
- Investigate variety of health topics

PRINCIPLES OF LIFETIME FITNESS

Grade 11

- 2 days/week, 1 term, 1/2 credit
- CPR & First Aid Training

-Develop Fitness Skills to use for a Lifetime

LIFE GUARDING

- 2 days/week, 1 term, 1/2 Credit
- CPR & first aid training
- Must be a strong swimmer
- Swim test required

EMERGENCY MEDICAL RESPONSE

- 2 days/week, 1 terms, 1/2 credit
- Healthcare Teams
- Planning for emergencies
- Immediate management of acute injuries
- CPR & first aid training

OTHER COURSES:

MAKING COMICS & GRAPHIC MEMORIES

- 5 days/week, 1 term, 1 credit
- Engage with the chaos of everyday life by drawing and writing

APPLIED EXERCISE SCIENCE

- 5 days/week, 1 term, 1 credit
- Apply evidence-based strategies to enhance personal health, physical performance, and long-term wellness

OPTIMIZING PERFORMANCE: MIND, BODY, BALANCE

- 5 days/week, 1 term, 1 credit
- Understand how the brain & body responds under pressure while exploring PEMMSS

HUMAN HEALTH & DECISION MAKING

- 5 days/week, 1 term, 1 credit
- Acquire a deep understanding of personal, community and world health issues

MEDICAL CAREER EXPERIENCE

- 5 days/week, 1 term, 1 credit
- Exposure to Health Care professionals
- Anatomy & Physiology is pre-requisite

HONORS SEMINAR: WELLNESS

- Term 1 solid; term 2-3 days/week; term 3-2 days/week
- Research Based class using hypothesis
- Students choose wellness topic to research