

HEALTH

077100

Health & Wellness

Infinite Campus Name: **HEALTH EDUC**

Grade(s): 10 - 12

Prerequisite: None

1/2 Health credit each semester

Health and Wellness education is required for all students during their sophomore year. This comprehensive course includes the topics of personal wellness, nutrition, safety and first aid, disease prevention, human sexuality and healthy relationships, substance abuse and prevention, and community/environmental health. This course meets the 1/2 credit health education requirement for Missouri and Parkway high school graduation. This course is also available as a completely virtual/online course. Students who are interested should contact their counselor regarding the process for enrolling in an online course.

087900

Introduction to the Field of Sports Medicine

Infinite Campus Name: **INTRO TO SPORTS MEDICINE**

Grade(s): 11 - 12

Prerequisite: Health & Wellness

1/2 Electives credit each semester

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.