



**All virtual courses include a state mandated virtual synchronous session at least once per marking period. These sessions will be scheduled and facilitated by the course instructor.**

## **HEALTH & MEDICAL**

### **CAREER EXPLORATION IN HEALTHCARE (.5 CREDIT)**

#### **GRADES 10-12**

This course introduces students to the exciting and varied career opportunities in the health care industry that will be in demand in their future! The course will introduce the roles and tasks, identify education and skills needed, identify responsibilities of roles which support or supervise their role, analyze legal and ethical responsibilities, limitations, and implications for each of these professions. Get ready. Get set. Learn about the Future of HealthCare Careers!

### **INTRODUCTION TO ANATOMY & PHYSIOLOGY (1 CREDIT)**

#### **GRADES: 11-12**

This elective course will provide students with the fundamental concepts in human anatomy and physiology. Students can prepare for higher education, further their studies in a biological interest, and have a foundation for a health-related profession. The course content will include basic structure and function of eleven body systems as well as units on the blood, growth and development, and nutrition and metabolism. Students will master the systems of the human body, structural names and locations, and physiological contributions of these structures through activities, discussions, research, and writing assignments. This course is recommended for mature high school juniors and seniors who are highly self-motivated. The ability to memorize medical terms is essential in this course.

### **MEDICAL TERMINOLOGY: A SHORT COURSE (.5 CREDIT)**

#### **GRADES: 10-12**

Would you like to speak the same language as the medical professionals? This is a course for students who are pursuing a medical career where they will learn the foundation of medical terms in the field. Students will master the basics of medical terminology and begin speaking and writing medical terms. Students will build a working medical vocabulary of the most frequently encountered suffixes, prefixes, and word roots in context to the human anatomy and physiology.

### **NUTRITION & WELLNESS (.5 CREDIT)**

#### **GRADES: 9-12**

To keep our body and our mind running like finely tuned machines, we need to use the right fuel. For humans, that means nourishing our bodies with the right foods. In this course, you'll explore how food affects essential aspects of your life from your weight to how you age to how well you think. You'll also examine how outside influences- family, peers, and the media- can affect your diet and your perception of food and how to set yourself up for nutritional success. Are you interested in a career in holistic wellness? Start your health journey now with Nutrition and Wellness.

### **PERSONAL & COMMUNITY HEALTH (.5 CREDIT)**

#### **GRADES 9-12**

This comprehensive health course provides students with essential knowledge and decision-making skills for a healthy lifestyle. Students will analyze aspects of emotional, social, and physical health and how these realms of health influence each other. Students will apply principles of health and wellness to their own lives. In addition, they will study behavior change and set goals to work on throughout the semester. Other topics of study include substance abuse, safety and injury prevention, environmental health, and consumer health.

**NOTE:** This course does not fulfill NYSED CPR and Automated External Defibrillators instructional requirements.



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This requirement must be fulfilled by the student's individual school district.

**PERSONAL TRAINING CAREER PREP (.5 CREDIT)**

**GRADES: 10-12**

This course examines the role and responsibilities of a personal trainer. Students will learn the steps to become a personal trainer, including performing fitness assessments, designing safe and effective workouts, and proper nutrition principles. Concepts of communication and motivation will be discussed, as well as exercise modifications and adaptations for special populations. Students will also examine certification requirements, business and marketing procedures, and concerns about liability and ethics. In addition, throughout the course students will be able to explore various exercises, equipment, and tools that can be used for successful personal training.

**Pre-Requisites:** Personal Training Concepts

**PERSONAL TRAINING CONCEPTS (.5 CREDIT)**

**GRADES: 9-12**

This course examines basic concepts in fitness that are important for personal fitness, as well as necessary foundational information for any health or exercise career field. Areas of study include musculoskeletal anatomy and physiology, terms of movement, basic biomechanics, health related components of fitness, FITT principles, functional fitness skills, safety and injury prevention, posture and technique, nutrition, and weight management.