

## Health & Wellness

The Health & Wellness Pathway equips students with skills, character traits, and knowledge to be successful in an ever-changing professional environment. Health & wellness students will learn through project-based activities, participate in related capstone experiences, explore health & wellness fields, and develop 21st century durable skills.

**Health & Wellness Pathway Credit Checklist: 1.0 foundations credit, 2.5 skills credits, & 1.0 capstone experience credit**

### Potential Majors

- Dietetics
- Education
- Exercise Physiology
- Exercise Science
- Kinesiology
- Medicine
- Nursing
- Nutrition Studies
- Physical Therapy

### Possible IRCs/Certificate

- FCCLA

### Related Careers

- Coach
- Fitness Instructor
- Health Teacher
- Home Healthcare
- Laboratory Technician
- Music Therapists
- Nurse
- Nutritionist
- Occupational Therapist
- Physical Education Teacher
- Physical Therapist
- Physical Trainer
- Related Military Careers
- Scientist/Researcher



## Foundations Courses | 1.0 Credit Required

### Grades 9-12

- Business Technology (1.0 credit) H6182
- Communication: Public Speaking (0.5 credit) H1174
- Principles of Biomedical Science\* (1.0 credit) H1041

## Skills Courses | 2.5 Credits Required

### Grades 9-12

- Fitness Walking (0.5 credit) H6631
- Lifetime Sports (0.5 credit) H6642
- Personal Fitness (0.5 credit) H6643
- Speed & Agility (0.5 credit) H6635
- Team Sports (0.5 credit) H6630
- Weight Training (0.5 credit) Boys H6611, Girls H6612
- Yoga (0.5 credit) H6625

### Grades 10-12

- Investigations in Biochemistry (1.0 credit) H3019
- Human Body Systems\* (1.0 credit) H1050

### Grades 11-12

- Anatomy and Physiology\* (1.0 credit) H3060

## Capstone Experience | 1.0 Credit Required

### Grades 11-12

- AP Seminar\* (1.0 credit) H1020
- CAPS Healthcare Academy++ (3.0 credits) H9201
- Dual enrollment options- pathway related
- SCC CNA Healthcare Occupations++ (3.0 credits) H9251
- L&C Health Related Occupations++ (3.0 credits) H9011
- L&C Health Occupations++ (3.0 credits) H9010
- Ignite Your Future Business Incubator++ (3.0 credits) H6144
- Pathways To Teaching. (Careers in Education Practicum)\* (1.0) H6204

### Grade 12

- AP Research\* (1.0 credit) H1015
- FACS Internship++ (0.5-1.0 credit) H6224
- Pathways Internship++ (1.5 credits) H9240

Learners can only earn credit for a course once when working towards pathway completion.

\*Weighted course ++This program requires an application & acceptance process.