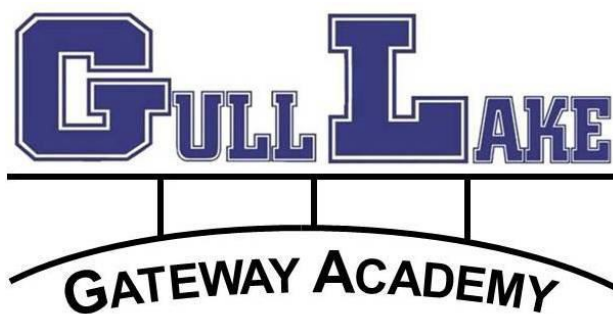


# **GULL LAKE**

## **Community Schools**

### **COURSE CATALOG**



# **2025-2026**

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## **Math**

### **Algebra 1 A/B**

These courses advance the ability of students to think algebraically, taking them from middle school work with variables and linear equations to the exploration of non-linear function types and more advanced calculations with variable expressions. Students will work with expressions, equations, inequalities, and functions. The course places considerable emphasis on identifying key features of functions in various forms, such as graphs, tables, and equations. It also fosters an understanding of functions as relationships that help people in many walks of life calculate and plan. The course brings these concepts to students in many forms, including interactive graphing, videos of solving problems, and many practice items.

### **Algebra 2 A/B**

These courses advance students' ability to think algebraically, taking their earlier work with linear, exponential, and quadratic equations and expanding on it with polynomials and more advanced equation types. Students will work with rational, radical, logarithmic, inverse, and piecewise functions. They will also extend their studies to include systems of equations and inequalities, trigonometry, complex numbers, and statistics. The course emphasizes using these algebraic concepts to solve problems and help people in many walks of life. The course employs many tools to teach students these concepts, including interactive graphing, videos that walk through problems, and many practice items.

### **Consumer Mathematics**

This course explains how four basic mathematical operations – addition, subtraction, multiplication, and division – can be used to solve real-life problems. It addresses practical applications for math, such as wages, taxes, money management, and interest and credit. Projects for the Real World activities are included that promote cross-curricular learning and higher-order thinking and problem-solving skills.

### **Financial Mathematics A/B**

Financial Algebra is designed to instruct students in algebraic thinking while also preparing them to navigate a number of financial applications. Students will explore how algebraic knowledge is connected to many financial situations, including investing, using credit, paying taxes, and shopping for insurance. In studying these topics, students will learn about the linear, exponential, and quadratic relationships that apply to financial applications. In addition, the course will help prepare students to tackle the wide variety of financial decisions they will face in life, from setting up their first budget to planning for retirement.



### **Fundamentals of Algebra A**

This customized course is designed to prepare students for success in Algebra 1. It focuses on reviewing the essential skills and mathematical concepts that serve as the foundation for upcoming learning. Students will apply their understanding of algebraic techniques for representing relationships and use these relationships to solve problems. They will also explore how statistics and probability can be used to draw conclusions and make predictions.

### **Geometry A/B**

A comprehensive examination of geometric concepts, each lesson provides thorough explanations and builds on prior lessons. Step-by-step instruction and multiple opportunities for self-check practice develop skills and confidence in students as they progress through the course. The course features animations, which allow students to manipulate angles or create shapes, such as triangles, engage students in learning and enhance mastery. Labs extend comprehension by giving students hand-on experiences.

### **Personal Finance**

Financial literacy is an increasingly essential capability as students prepare for the workforce, and this course provides the information they need to determine if a career in finance is right for them. The course uses games and online discussions to effectively facilitate learning, while introducing your learners to a variety of topics, including investment strategies, money management, asset valuation, and personal Finance.

### **Pre-Algebra A**

Pre-algebra uses a spiraling curriculum approach by which each unit builds on the skills and knowledge gained in the previous unit. It, along with the other developmental math courses, emphasizes the demonstration of the mastery of mathematical concepts through problem solving. The course's seven units range from the introduction of whole numbers to solving linear equations, concluding in week 24 with an overview of exponents and polynomials. A variety of standard learning aids are provided to support the learner, as are an array of specific math specific tools.

### **Pre-Algebra B**

Building on the skills developed in Pre-Algebra A, the nine units in Pre- Algebra B span approximately 21 weeks of instruction. This engaging and comprehensive course includes online courseware, offline activities, and supplemental enrichment activities leveraging a variety of Internet resources. Units include a two week introduction to graphing as well as an approximately two and a half week unit of graphing linear equations and inequalities. The final unit covers rational expressions, and is followed by an end-of-semester test.



## **English Language Arts**

### **English 09 A/B**

English 9 introduces the elements of writing poems, short stories, plays, and essays. Grammar skills are enhanced by the study of sentence structure and style and by student composition of paragraphs and short essays. Topics include narration, exposition, description, argumentation, punctuation, usage, spelling, and sentence and paragraph structure.

### **English 10 A/B**

This course focuses on using personal experiences, opinions, and interests as a foundation for developing effective writing skills. Skills acquired in English I are reinforced and refined. Literary models demonstrate paragraph unity and more sophisticated word choice. A research paper is required for completion of course. Topics include grammar, sentence and paragraph structure, organizing compositions, and the research paper.

### **English 11 A/B**

English 11A explores the relation between American history and literature from the colonial period through the realism and naturalism eras. English 11B explores the relation between American history and literature from the modernist period through the contemporary era, and presents learners with relevant cultural and political history. Readings are scaffolded with pre-reading information, interactions, and activities to actively engage learners in the content. The lessons in both semesters focus on developing grammar, vocabulary, speech, and writing skills.

### **English 12 A/B**

In keeping with the model established in English 11, these courses emphasize the study of literature in the context of specific historical periods, beginning with the Anglo-Saxon and medieval periods in Britain. Each lesson includes tutorials and embedded lesson activities that provide for a more engaging and effective learning experience. Semester B covers the romantic, Victorian, and modern eras. End of unit tests ensure mastery of the concepts taught in each unit, and exemptive pretests allow students to focus on content that they have yet to master.

## **Social Studies**

### **Economics**

This course covers basic economic problems such as scarcity, choice, and effective use of resources. It also covers topics on a larger scale such as market structures and international trade. It particularly focuses on the US economy and analyzes the role of the government and the Federal Reserve System.



## **U.S. Government**

The interactive, problem-centered, and inquiry-based units in U.S. Government emphasize the acquisition, mastery, and processing of information. Include study of the foundations of American government and the American political culture, with units covering the U.S. constitution, including its roots in Greek and English law, and the various institutions that impact American politics.

## **U.S. History A/B**

This course not only introduces students to early U.S. History, but it also provides them with an essential understanding of how to read, understand, and interpret history. For example, the first unit, The Historical Process, teaches reading and writing about history; gathering and interpreting historical sources; and analyzing historical information. While covering historical events from the founding events and principles of the United States through contemporary events, the course also promotes a cross-disciplinary understanding that promotes a holistic perspective of U.S. History.

## **World History & Geography A/B**

In World History & Geography, learners will explore historical world events with the help of innovative videos, timelines, and interactive maps and images. Learners will develop historical thinking skills and apply them to their study of European exploration, the Renaissance, the Reformation, and major world revolutions. They will also study World War I, World War II, the Cold War, and the benefits and challenges of living in the modern world.

## **Science**

### **Anatomy & Physiology**

The course begins with an overview of the organization and structure of the human body. You will learn to interpret common medical terminology. In addition, you will describe the structures and functions of cells and tissues. You will also learn about the cardiovascular, immune, respiratory, digestive, and renal/urinary systems and common diseases and disorders associated with these systems.

### **Biology A/B**

These inquiry based courses are designed to support modern science curriculum and teaching practices. It robustly meets NGSS learning standards for high school biology. Content topics include cells, organ systems, heredity, organization of organisms, evolution, energy use in organisms, and the interdependence of ecosystems. Each lesson includes one or more inquiry-based activities that can be performed online within the context of the lesson. In addition, the course includes a number of virtual lab



activities in which students will exercise experimental design, data analysis, and data interpretation skills while working through a simulated laboratory situation.

### **Biotechnology A/B**

These courses begin with an introduction to biotechnology. You will trace the history of biotechnology and learn about its impact on modern society. You will gain the essential skills needed to work in the field of biotechnology. As the course progresses, you will be introduced to the fundamentals of cell biology and molecular biology. Additionally, you will learn about breakthroughs in the field of biotechnology such as the polymerase chain reaction, recombinant DNA technology, and protein engineering. You will explore the significance of safety protocols in the laboratory.

### **Chemistry A/B**

These inquiry- and lab-based courses are designed to support modern science curriculum and teaching practices. It robustly meets NGSS learning standards associated with high school chemistry along with additional concepts and standards typically included in a full-year high school chemistry course. Content topics include atoms and elements, chemical bonding, chemical reactions, quantitative chemistry, molecular-level forces, solutions, and energy and changes in matter.

It also addresses additional concepts and standards typically included in a full-year high school chemistry course, including molar concentrations, acid-base reactions, advanced stoichiometry, gas laws, and organic compounds. Each lesson includes one or more inquiry-based activities that can be performed online within the context of the lesson. In addition, the course includes a significant number of hands-on lab activities.

### **Earth and Space Science A/B**

These inquiry- and lab-based courses are designed to support modern science curriculum and teaching practices. It robustly meets NGSS learning standards associated with middle school Earth and space science. Content topics include Earth and space systems and interactions, the history of the Earth, the Earth's systems, weather and climate, climate change, and human impacts on the Earth.

Each lesson includes one or more inquiry-based activities that can be performed online within the context of the lesson.

### **Environmental Science A/B**

These courses are designed to introduce students to the history of environmental science in the United States, ecological interactions and succession, environmental change, adaptation, and biogeochemical cycles. Students will learn about the importance of environmental science as an interdisciplinary field. They will describe the importance of biodiversity to the survival of organisms, and learn about ecological pyramids. They will discuss the effects of climate change and explore different types of



adaptation . They will describe the steps of the water cycle, and discuss how carbon, oxygen, nitrogen, and phosphorus cycle in the global environment.

### **Exercise Science A/B**

The course begins with an introduction to the historical development of exercise physiology. You will demonstrate proficiency in the use of medical terminology. You will then describe the human body's anatomy, physiology, and stages of growth and development. You will become familiar with biomechanics and kinesiology. You will gain an understanding of various body systems:the musculoskeletal, respiratory, circulatory, nervous, endocrine, integumentary, and immune systems. Finally, you will learn about nutrition, physical activity, and wellness.

### **Integrated Physics & Chemistry A/B**

The lessons in these courses employ direct-instruction approaches. They include application and Inquiry-oriented activities that facilitate the development of higher-order cognitive skills, such as logical reasoning, sense-making, and problem solving.

### **Introduction to Astronomy**

Introduction to Astronomy is a one-semester course with 17 lessons that cover a wide range of topics, such as the solar system, planets, stars, asteroids, comets, galaxies, space exploration, and theories of cosmology. The target audience for this course is high school students.

### **Introduction to Marine Biology**

In the Introduction to Marine Biology course you will explore the fundamental concepts of marine biology. You will learn about the formation and characteristic features of the oceans. You will also learn about the scientific method and explore careers available in marine biology. The course will introduce you to the characteristic features of different taxonomic groups found in the ocean. You will learn about the different habitats, life forms, and ecosystems that exist in the oceans and explore the different types of adaptations marine creatures possess to survive in the ocean. You will learn about succession and the flow of energy in marine ecosystems. Finally, you will also learn about the resources that the oceans provide and the threats that the oceans face from human activities.

### **Life Science A/B**

These inquiry- and lab-based courses are designed to support modern science curriculum and teaching practices. It robustly meets NGSS learning standards associated with middle school life science. Content topics include cells and human body systems,





structure and functions of living organisms, genes and adaptations, evolution, energy flow in ecosystems, and interdependence of ecosystems.

### **Physical Science A/B**

These inquiry- and lab-based courses are designed to support modern science curriculum and teaching practices. It robustly meets NGSS learning standards associated with middle school physical science. Content topics include structure and properties of matter, chemical reactions, forces and motion, force fields, energy, and waves. Each lesson includes one or more inquiry-based activities that can be performed online within the context of the lesson. In addition, the course includes a significant number of hands-on lab activities.

### **Physics A/B**

Physics introduces students to the physics of motion, properties of matter, force, heat, vector, light, and sound. Students learn the history of physics from the discoveries of Galileo and Newton to those of contemporary physicists. The course focuses more on explanation than calculation and prepares students for introductory quantitative physics at the college level. Additional areas of discussion include gases and liquids, atoms, electricity, magnetism, and nuclear physics.

## **Career and Technical Education**

### **Allied Health Careers A/B**

The courses begin with an overview of the health care delivery system and allied health services. You will also be introduced to medical terminology. As you progress in the course, you will learn about the structures and functions of various human body systems. You will become familiar with common diseases and disorders that affect each body system along with their diagnosis, prevention, and treatment. Additionally, you will explore the strategies and factors that influence health and wellness. Finally, you will learn about diagnostic imaging, electrocardiography, lab tests, and respiratory care.

### **Applied Medical Terminology A/B**

This course will cover the structure of the human body systems and their functions. It will also include medical terminology related to diseases, disorders, medical procedures, and treatment for each body system.





## **Business & Information Technology**

In this course, you will learn about business, marketing, product design, careers, and communication. You will analyze the basic concepts of entrepreneurship and different types of business ownership. You will also learn how to create effective personal and business correspondence. You will identify the basic concepts of marketing and marketing strategies to compete in the marketplace. You will develop promotional materials for a product or service using digital graphics. You will create a personal profile by evaluating your personal values, interests, and aptitudes. You will also develop a career plan.

## **Career Explorations**

The lessons and additional activities in this course are fundamental to ensuring career readiness on the part of your students. Covering such essentials as developing and practicing a strong work ethic, time management, communication, teamwork, and the fundamentals of workplace organizations, Career Explorations develops not just essential skills, but the confidence in themselves and their abilities to present themselves that your students need as they prepare to embark on their chosen careers.

## **Child Development & Parenting A/B**

As adulthood and its accompanying responsibilities become closer for many of your students, this one-semester course with 12 lessons introduces them to the basics of parenting. Students will learn the nuances of parenting including learning about prenatal and postnatal care and gain insights on the nurture of children. Students will also learn about the importance of positive parenting skills, parent-child communication, and ways to use community resources for effective parenting. Activities will help your students connect leading research to real-life experience.

## **Computing for College & Careers A/B**

This course is designed to enable students at the high school level to develop basic computer skills that they can use during their college education and also in their careers. This course is designed to enable all students at the high school level to develop the critical skills and knowledge that they will need to be successful in careers throughout their lives. The course is based on Career and Technical Education (CTE) standards designed to help students prepare for entry into a wide range of careers and/or into postsecondary education.

## **Emergency Medical Responder**

Emergency Medical Responder is a one-semester course that introduces you to EMS systems, roles, responsibilities, and legal, ethical, and safety considerations in prehospital care. You will develop communication, documentation, and other



professional skills essential in emergency settings. You will study human anatomy and physiology, focusing on respiratory, cardiovascular, musculoskeletal, nervous, integumentary, and endocrine systems, while building proficiency in medical terminology for accurate communication. You will learn to perform patient assessments, measure vital signs, and implement emergency interventions for respiratory, cardiac, neurological, endocrine, immunological, behavioral, toxicological, and environmental emergencies. The course also covers trauma management, including shock, bleeding, soft tissue injuries, fractures, burns, and life-threatening head, neck, spine, and chest injuries, with special considerations for pediatric, geriatric, obstetric, and disabled patients. Finally, you will explore incident management, disaster response, triage, and mass casualty operations to ensure effective emergency response.

### **Emergency Medical Technician**

Emergency Medical Technician, Semester A, is the first part of a two-semester course. This course begins with an introduction to emergency medical services (EMS), exploring the history, components, and operational standards of EMS systems. You will analyze the roles and responsibilities of various EMS professionals and examine the importance of legal, ethical, and safety guidelines in emergency care. You will also develop essential communication and documentation skills for patient care. As the course progresses, you will explore human anatomy and physiology, focusing on key body systems such as the respiratory, cardiovascular, musculoskeletal, nervous, and endocrine systems. You will build a strong foundation in medical terminology to enhance communication and accuracy in emergency settings. You will learn how to perform patient assessments and administer basic life support (BLS) interventions. You will also develop skills in safe patient handling and transportation. Finally, you will recognize and manage a variety of medical emergencies, including respiratory, cardiovascular, neurological, immunological, behavioral, and toxicological emergencies.

### **Exploring Agricultural Science & Business A/B**

Exploring Agriculture Science and Business is a two-semester course designed to focus on the role of agriculture and its impacts on society and the concepts of sustainable agriculture, agribusiness, and agricultural mechanics. Students will learn about the plant lifecycle, characteristics of livestock, food sources, nutrition, and food safety principles. They will also research and write about major advancements and issues in agriculture, create nutritionally balanced meal plans, and apply the scientific investigation process to answer questions and solve problems. They will also evaluate the effects of pollution on ecosystems and propose solutions. In addition, the course covers agricultural mechanics and technology and their effects on society and the economy, as well as various types of agribusinesses and their functions. The course will also teach students about local and national job opportunities available in the agricultural science and agribusiness industry and the skills needed for success in these careers. Through focused mini lessons, students will be introduced to durable skills such as metacognition and critical thinking,



and they will have opportunities to practice and begin applying these skills in career-specific activities.

### **Introduction to Veterinary Science**

In the Introduction to Veterinary Science course, you will explore the history of veterinary science, and the skills and requirements for a successful career in the veterinary industry. You will also explore the physiology and anatomy of animals, learn how to evaluate their health, and determine effective treatment for infectious and noninfectious diseases. Additionally, you will learn about zoonotic diseases, and the impact of toxins and poisons on animal health.

## **Electives**

### **Artificial Intelligence**

The course Artificial Intelligence is a single-semester course that explains the evolution of Artificial Intelligence and its scope in the future. This course also describes how Artificial Intelligence is used in fields such as games, speech recognition, and computer vision. In this course, you will learn about different types of intelligent agents and their environments.

### **Foundation of Artificial Intelligence**

Foundations of Artificial Intelligence, Semester A, is the first part of a two-semester course. In this course, you will learn about the key concepts of artificial intelligence (AI). You will outline the history of AI and examine key AI areas, such as machine learning, natural language processing, and computer vision. You will examine data types and data storage, and create databases. You will organize and analyze data and create visual representations. You will evaluate sensing mechanisms and perception systems. You will evaluate various machine learning model types. You will learn how to train and evaluate a classification model. You will also examine datasets and address data bias in models. Finally, you will examine neural network types and their real-world applications.

### **Life Skills**

This course allows students to explore their personality type and interests, as well as refine important skills that will benefit them throughout their lives, including personal nutrition and fitness skills, time & stress management, communication & healthy relationships, goal setting, study skills, leadership and service, environmental and consumer health, and personal finances. In addition, students will explore possible colleges and careers that match their needs, interests, and talents.



## **Psychology A/B**

These courses give your students an overview of the history of psychology while also giving them the resources to explore career opportunities in the field. Students will learn how psychologists develop and validate theories and will examine how hereditary, social, and cultural factors help form an individual's behavior and attitudes. Students will also evaluate the effectiveness of different types of psychological counseling and therapy. Highly interactive content includes online discussions that help develop critical thinking skills.

## **Sociology**

In this course, students will explore the evolution of sociology as a distinct discipline while learning about sociological concepts and processes. They will learn how the individual relates to and impacts society. Students will also learn about the influence of culture, social structure, socialization, and social change on themselves and others. The course combines a variety of content types, including lessons, activities, discussions, and games to engage learners as they discover sociology as a subject and as a career.

## **Women's Studies**

Women's Studies is a one-semester course with lessons that introduce students to women's studies, gender studies, and gender roles. The course traces the history of feminism, analyzes feminist theories, and examines intersectionality. Students will learn about social and political movements for the rights of women and other vulnerable groups. Students will also learn about social and family structures and socialization, which includes identifying prejudices, biases, and stereotypes that exist in society, and how the media perpetuates some stereotypes about gender roles and identities. The course also covers social and family structures, different forms of oppression, ways to prevent oppression, and methods to help and empower victims. Students will learn about international activism for gender equality, legal rights, and the challenges in achieving equality for all citizens from every section of society. The course combines a variety of content types, including lessons, activities, discussions, and games to engage learners as they discover the significance of women's studies.

## **World Languages**

### **French 1 A/B**

These courses are based on a researched scope and sequence that covers the essential concepts of French. Class discussions provide an opportunity for discourse on specific topics in French. A key support tool is the Audio Recording Tool that enables students to learn a critical skill for French: listening and speaking. Beginning with learning personal greetings and continuing through practical communications exchanges, French 1B



introduces students to the skills necessary to make the most of traveling to French-speaking countries.

### **French 2 A/B**

Each of these semesters is designed to build on the principles mastered in French 1 and use a combination of online curriculum, electronic learning activities, and supporting interactive activities to fully engage learners. Unit pretests, post-tests, and end-of-semester tests identify strengths and weaknesses, helping to create a more personalized and effective learning experience. As with French 1, these 90-day courses emphasize practical communication skills while also building intercultural awareness and sensitivity.

### **German 1 A/B**

As with all Edmentum world language courses, German 1 A and B address two primary issues: providing a meaningful context that encourages learners to think in the target language as much as possible; and introducing grammatical concepts without over reliance on grammatical analysis. German 1A focuses on communicating basic and practical greetings and personal information. German 1B consists of five units over about 14 weeks, with an emphasis on a variety of practice types throughout the course.

### **German 2 A/B**

According to *The Economist* and the Census Bureau, German-American is America's largest single ethnic group, with over 46 million Americans claiming German Ancestry. German 2 A and B tap into learners' latent interest in their cultural past, present, and future. These courses employ direct-instruction approaches, including application of the target language through activities. Each unit in the course includes a predefined discussion topic. These discussions provide an opportunity for discourse on specific topics in German.

### **Spanish 1 A/B**

Spanish is the most spoken non-English language in U.S. homes, even among non-Hispanics, according to the Pew Research Center. There are overwhelming cultural, economic, and demographic reasons for students to achieve mastery of Spanish. Spanish 1A and B engage students and use a variety of activities to ensure student engagement and to promote personalized learning. These courses can be delivered completely online, or implemented as blended courses, according to the unique needs of the teacher and the students.

### **Spanish 2 A/B**

Spanish 2A and B utilize three assessment tools that are designed specifically to address communication using the target language: Lesson Activities, Unit Activities, and



Discussions. These tools help ensure language and concept mastery as students grow in their understanding and use of Spanish. Learning games specifically designed for language learning are used and can be accessed on a wide variety of devices.

## **Visual, Performing, and Applied Arts**

### **Art History & Appreciation**

This course explores the main concepts of art, expression, and creativity as it helps students answer questions such as what is art; what is creativity; and how and why people respond to art. It covers essential design principles such as emphasis, balance, and unity. Units include: Art, History, and Culture; Western and World Art Appreciation; and Art and the Modern World.

### **Audio Video Production 1 A/B**

This course is designed to enable all students at the high school level to learn the basics of audio video production. The course will help the students develop an understanding of the industry with a focus on pre-production, production, and post-production audio and video activities. The course is based on Career and Technical Education (CTE) standards designed to help students develop technical knowledge and skills needed for success in the audio video production industry.

### **Audio Video Production 2 A/B**

This course is designed to enable students at high school level to develop the knowledge and skills related to audio video techniques that they can use in their careers. This course discusses the elements of audio video production, pre production activities, media production techniques, and postproduction activities. The course is based on Career Technical Education (CTE) standards designed to help students develop technical knowledge and skills needed for success in the audio video production industry.

### **Culinary Arts A/B**

This course is designed to enable all students at the high school level to learn the basics of culinary arts. Students will trace the origin and development of the culinary arts. They will also discuss important contributions made by chefs, notable culinary figures, and entrepreneurs. They'll analyze how trends in society influence trends in the food service industry. In addition, they'll examine the social and economic significance of the food service industry. This course also covers topics in health, sanitation, and sanitation, culinary skills, and more. The course is based on Career and Technical Education (CTE) standards designed to help students prepare for entry into a wide range of careers in the culinary industry.



### **Digital & Interactive Media**

These courses will cover careers, training, and emerging technologies in digital media. This course familiarizes you with the concepts involved in digital media, such as graphic design, digital photography, principles of design, and digital printing. This course also covers copyright laws and fair use involved in digital media.

### **Music Appreciation**

In a time of an increasing emphasis on STEM courses and skills, it remains essential to provide your students with opportunities to explore the arts from both an informational and career-oriented perspective. In Music Appreciation, students will explore the history and evolution of music, learn the elements of music and musical notations, and the contributions of popular music artists and composers. A variety of lessons, activities, and discussions will help to develop an awareness and appreciation of music that will develop not only critical thinking skills, but life enriching skills as well.

### **Visual Arts**

This course is designed to enable all students at the high school level to familiarize themselves with different types of visual arts. The students will explore units in Creativity and Expression in Art, Elements of Art, History of Art, Cultural Heritage of Art, Drawing, Printing, Painting, Graphic Design and Illustration, and Multimedia.

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### **Health**

This course is based on a rigorously researched scope and sequence that covers the essential concepts of health. Students are provided with a variety of health concepts and demonstrate their understanding of those concepts through problem solving. The five units explore a wide variety of topics that include nutrition and fitness, disease and injury, development and sexuality, substance abuse, and mental and community health.

### **Physical Education**

This course's three units include Getting Active, Improving Performance, and Lifestyle. Unit activities elevate students' self-awareness of their health and well-being while examining topics such as diet and mental health and exploring websites and other resources. In addition to being effective as a stand-alone course, the components can be easily integrated into other health and wellness courses.

8/14/25