

HF172O/ Life Skills Syllabus

Course Title----- Life Skills
Course Number----- HF172O
Grades:----- 07-07
High School Credit Value:----- 0
Prerequisites:-----

Course Length:----- Regular courses: 17 weeks
CR: 9-17 weeks.

Course Time:----- Regular courses: 17 week schedule: 75 - 90
minutes per school day (6-7.5 hours per
week)
Credit Retrieval: 75 - 90 minutes per
school day (6-7.5 hours per week) until
course completion.

{ Course Description }

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 and stress management, communication and healthy relationships, goal setting, study skills, leadership and service, environmental and consumer health, and personal finances. In addition, students explore possible colleges and careers that match their needs, interests, and talents.

Course Materials:

State Alignments

Washington State Standards guided the design of the course. Learning expectations are found within the course itself.

Course Outline

Students are to follow the units offered in order. Beginning with the first lesson and completing with the last lesson in the unit. Each lesson is the building block for the one to follow it.

- Unit 1 - Self Discovery
- Unit 2 - Healthy Relationships
- Unit 3 - Stress and Time Management
- Unit 4 - Nutrition and Fitness
- Unit 5 - Consumer Skills
- Unit 6 - College and Career Planning

Course Work

Students earn a satisfactory grade for the class by following the course outline and submitting projects, activities, and assignments as directed. It is expected students work 60 - 90 minutes daily in this course work and submit lessons throughout the week.

The student will be using the online Carone Fitness curriculum to complete this class.

Each unit consists of 2 or 3 lessons involving instruction, reflection questions, a discussion, an assignment, and lastly a lesson quiz. It is expected that the student is able to complete one section of a unit a week to satisfactorily complete the course lessons and work.

Grading

Lesson assignments will be graded using the following criteria:

- Use of proper capitalization, punctuation, and spelling.
- Use of complete sentences.
- Neatness and organization of work.
- Effort placed into completing the work.
- Accuracy of information in answers.

Projects will be graded using the following criteria:

- Use of proper capitalization, punctuation, and spelling.
- Use of complete sentences.
- Neatness and organization of work.
- Effort placed into the work.
- Accuracy of information in answers.

Work turned in must meet minimum passing requirements, if the work does not meet these requirements the work will be returned to the student to continue working on it until it meets standards.

Occupational Credit:

This course may qualify for *occupational credit. Please consult your school counselor for further clarification.

*Please note that FLA901 (Sign Language) does not qualify for occupational credit.