

NPA SUMMER HEALTH SESSIONS 2018

NPA will offer several summer Health class sessions this year, sufficient enrollment permitting.

HEALTH

High School Health Requirement

Session Window: June 4-June 29

Lessons are independent and submitted online

Instructor: Ms. Carrie Cowger

Open to students entering grades 9-12; priority for seniors

Fee: \$75

Many students prefer not to take the Rec. Fitness/Health class during the regular school year because it can mean not being able to take some other elective. This condensed course extracts just the health component from the Recreation Fitness/Health class offered during the school year. The topics covered in Health class cover the spectrum of physical, emotional, and mental health issues from the teenager years into adulthood. The students learn what makes one healthy and discuss how to make good decisions now and in the future. The students also learn the government's role in maintaining public health. Because of its length, this summer option does **not** earn credit, but it **does** satisfy the Health requirement for High School on a pass/fail basis.

Middle School Health Component

June 11-21 (9 weekdays), 9am-noon

Instructor: Mr. Mueller

Limit ~22 students

Fee: \$150

Open to students entering Grade 8 who are planning on taking Dance or Sports PE instead of MS PE/Health (all other students will receive health instruction as part of MS PE/Health during 8th grade). Students who have already taken the MS PE/Health class in 7th grade do not need to take this course.

This condensed course extracts just the health component from the Middle School PE/Health class offered during the school year. This course will cover the basics of becoming a fit individual. Students will learn how important it is to not only fuel the body with healthy items and avoid unhealthy items, but also the importance of muscular strength and endurance. These students will be expected to do a small amount of light physical activity in relation to the topics we will be talking about. The physical activity will be limited and will mostly be focused on demonstrating stretching techniques.

NPA SUMMER HEALTH SESSIONS 2018 REGISTRATION

Please print this page and submit with payment. Make checks payable to NPA. For credit card instructions, see below.

Student Name _____ Parent Submitting Registration _____

Student Grade in 2018-19 _____

COURSE SELECTION: (check one)

_____ HS Health Requirement – June 4-June 29 (\$75)

_____ MS Health Component – June 11-June 21 (\$150)

PARENT ACKNOWLEDGMENT:

I have read and am aware of the information below regarding costs, cancellations, attendance, and credit.

Signature _____ Date _____

COSTS AND CANCELLATION:

- The fee for the courses are payable to NPA by May 25th, please. Checks are payable to “NPA” and should be given to Mrs. Kasprzyk in the administration office. Fees may also be paid online through the NPA website, but make sure to mark “Summer Health Course Fee” in the subject line, and still submit the registration form to Mrs. Kasprzyk (kkasprzyk@northlandprep.org).
- If NPA needs to cancel an offering, full refunds will be issued.

ATTENDANCE, GRADING, AND COURSE OUTCOMES:

- Students must be present for at least 7 of the 9 days of the MS Health class and complete all assignments in order to receive a satisfactory outcome. In such a condensed class schedule, full attendance is essential.
- Students in the HS Health course will have some flexibility in completing the posted assignments during the window of June 4-June 29. The HS Health course will be largely **independent work submitted online**.
- The coursework will take approximately **30 hours** to complete. Deadlines will be flexible enough to allow students to complete the course within the four week window, even accounting for weeks where families might be on vacation or students may be working in the daytime.
- If a student is unavoidably absent for a day of class, he/she must make up assignments as directed by the instructor.
- The Health classes are **NON-CREDIT** offerings due to their extremely short duration and will not have final letter grades. But they do satisfy the school health requirement. Any A-D letter grade that the teacher might issue to students would be informational only and not be recorded for GPA purposes. Students who pass the course will receive a mark of “S” (for “Satisfied”) on their transcript for the non-credit course.