

## LIFETIME WELLNESS

Students in grades 9-12 shall complete a unit of lifetime wellness, a planned program to promote a lifelong process of positive lifestyle management that seeks to integrate the emotional, social, intellectual and physical dimensions of self for a longer, more productive, and higher quality of life, as a requirement for graduation.<sup>1</sup>

Participation in marching band or interscholastic athletics shall not be substituted for this requirement.<sup>2</sup>

The following topics shall be included as part of the lifetime wellness course to help students reach the specified goals in the curriculum framework:

1. Disease Prevention and Control
2. Safety and First Aid
3. Mental Health
4. Nutrition
5. Substance Use/Abuse
6. Sexuality and Family Life
7. Personal Fitness and Related Skills

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Legal References:

1. TRR/MS 0520-1-3-.05(6)(e)(2)(i)
2. TRR/MS 0520-1-3-.05(6)(e)(2)(ii)