

Loudon County High School Scholars Prep Guide 2019-2020

Upcoming Course NJROTC

School Loudon High School

Curriculum for the upcoming course and information of which students should be aware: and areas that might be a challenge for students:

Naval Science is an elective course, students are members of the LHS-NJROTCU by their own choice and with the concurrence of the Principal and the Naval Science Instructors. Two of the primary objectives of the program are to develop self-discipline and respect for authority.

Areas that might be challenging for students:

- 1) Be physically fit enough to participate in NJROTC.
- 2) Comply with the personal grooming standards set forth in this Handbook and the NJROTC Cadet Field Manual.

Suggestions on how students can prepare for the upcoming course:

Be physical fit and be prepared to run one mile.

Suggested Activities or Resources (if applicable):

Regularly participate in a physical activities that focus on cardiovascular and weight training actives.

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Upcoming Course _Wellness_____

School ___LHS_____

Curriculum for the upcoming course and information of which students should be aware: and areas that might be a challenge for students:

Tennessee Lifetime Wellness Standards 9-12

Nutrition, Fitness, Emotional Health, Mental Health, Social Health, First Aid, Relationships, Sexuality, Substance Abuse. Weight Training.

Areas that might be challenging for students:

Some of the academic work can be challenging. Especially when we get into the details about nutrition. The physical activity can be challenging. For example, fitness and weight training for those that have never done those before.

Suggestions on how students can prepare for the upcoming course:

Practice reading and study skills for the academic portion of the class. Do some kind of physical activity to prepare even if it is just walking.

Suggested Activities or Resources (if applicable):

Notebook and folder for the academic portion of the class.

Tennis shoes (gym shoes), shorts or sweats, t-shirts or sweatshirt.

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Upcoming Course Weight Training

School Loudon High School

Curriculum for the upcoming course and information of which students should be aware: and areas that might be a challenge for students:

Course will consist of a curriculum that challenges the student both physically and mentally. Students will gain a stronger knowledge of weight lifting and fitness components.

Areas that might be challenging for students:

Students will learn and be expected to use proper form and function of specific lifts in the weight room. Students will also be expected to participate in multiple fitness exercises and activities to benefit overall physical health.

Suggestions on how students can prepare for the upcoming course:

Begin a moderate exercise plan including fitness, weight training and aerobic exercise.

Suggested Activities or Resources (if applicable):

N/A

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Upcoming Course PE/Personal Finance

School Loudon High School

Curriculum for the upcoming course and information of which students should be aware: and areas that might be a challenge for students:

Physical education is a course that focuses on the physical well-being of our students. This is an active class that takes part in activities that promote movement and generating lifetime skills to remain healthy. During this class, students will participate in group activities as well as individual sports.

Personal Finance explores the behaviors that one must do on a daily basis to achieve wealth. Investing, Budgeting, Debt, Insurance and Negotiating are just a few of the topics. We will utilize a great deal of Dave Ramsey's philosophies and how they can provide us with successful financial health.

Areas that might be challenging for students:

Students that are not used to exercising and taking part in team activities may have an acclimation period to get adjusted to the daily routine.

In finance, students will learn the importance of budgeting and maintaining quality financial health.

Suggestions on how students can prepare for the upcoming course:

Students should be and remain active during the summer months

Suggested Activities or Resources (if applicable):