

LEAP I: Leadership, Exercise and Personal Growth

Biotechnology High School

Course Syllabus

2014 | Semester 2 | 2.5 Credits

Instructors: Mr. Justin Brown, Mrs. Robyn Rosner, Mrs. Teresa Siter, Mrs. Vicki Warnock

Course Description

Leadership, Exercise & Personal Growth (LEAP) is a multidisciplinary course facilitated through Guidance, Physical Education and Health designed to help students prepare for the transition from high school and adolescence to college, adulthood and eventual job placement.

The **Leadership** component consists of in-class interactive activities focusing on the skills of effective leadership. Students practice and apply leadership lessons through our Advisor Group Program and Creativity Action Service (CAS) projects. The **College & Career Planning** component of LEAP will guide students in exploring and creating their post high school plans. They will start to make concrete goals for their future education and career and map out how they plan to reach those goals.

The **Personal Growth & Health** component covers required topics as well as health topics relating to risk reduction in your college years. Through critical thinking, problem solving and teamwork; students will explore issues surrounding personal and community safety and will develop strategies, skills and attitudes to prevent and address specific safety issues. The **Exercise** component entails students participating in a wide range of physical activities including cardiovascular exercises and strength training. Students will continue develop the skills and attitudes necessary for lifelong physical fitness.

Overview of Topics

Student input on instructional topics will be considered whenever possible

Leadership	Health & Personal Growth
<ul style="list-style-type: none"> ● Communication & Listening ● Conflict Resolution ● Public Speaking ● Project Planning & Implementation ● Global Citizenship ● True Color Leadership Style ● Teamwork ● Cultural Diversity ● Empathy ● Planning & Organization ● Time Management ● Reflection ● Goal Setting ● Decision Making 	<ul style="list-style-type: none"> ● CPR AED Training / Certification ● Sleep Hygiene ● Suicide Prevention ● Resilience and Endurance ● Risk Reduction <ul style="list-style-type: none"> ○ Teen Pregnancy / Prevention ○ Teen Driving and Distractions ○ Texting / Sexting ○ Reproductive Health ○ Dating Relationships / Violence Prevention ○ Drug Use / Abuse ● Vaccines ● Health Literacy ● Managing Stress

College & Career Planning	Fitness
<ul style="list-style-type: none"> ● Admissions & Application Overview ● Naviance Success Plan Tasks ● Self-Assessment: Values, Interests & Abilities ● College Research ● College List: Reach / Target / Safety ● Resume Development ● College Essays 	<ul style="list-style-type: none"> ● Archery ● Fencing ● Canoe Skill Training / Prep for Trip ● Outdoor games ● Fitness Lab exercises

Expectations

Students will come to class prepared for active participation. Students should be prepared to experience learning through many different avenues and participate in each to his or her fullest capacity. The classroom will be a safe environment for exploring ideas and challenging assumptions. It is an expectation of this course that students will take the necessary action to respectfully listen to the voices of others and share their own opinions and values. Students and the instructors are expected to treat each other with respect.

Class Calendar

In order to better integrate course concepts and themes, the four LEAP instructors have a rotating teaching schedule, with each focusing on a different aspect aspect of LEAP:

- Mr. Brown - Leadership & CAS
- Mrs. Rosner - College & Career Planning
- Mrs. Siter - Fitness
- Mrs. Warnock - Health & Personal Growth

In a typical week, you will have at least one class with Mrs. Warnock and one class with either Mr. Brown or Mrs. Rosner. You are responsible for following the course calendar and coming to each class session prepared.

Most assignments will be completed in the classroom itself. You are expected to go to the Guidance LEAP Page and/or the Health Office Wiki to review class materials missed when absent, and to discuss any makeup work with the instructor.

Required Course Materials

- 1" binder
- 3-tab dividers
- Folder in binder
- Loose-leaf paper in binder
- A small composition book/booklet

Grading

Component	Value	Description
Class Participation	65%	<p>You can receive up to 10 points per day for in-class participation. Students are expected to participate fully, remain engaged and contribute to class discussions or group work, as well as complete all in-class assignments. Off-task behavior will cause you to lose points for that day.</p> <p><u>Class Participation Includes:</u></p> <ul style="list-style-type: none">● Fitness: You will participate in a total of 8 Fitness Classes. You can receive up to 10 points per Fitness Class by coming prepared with active clothing and fully participating in activities
Assignments / Assessments	35%	<p>A variety of assignments related to main concepts will be assigned throughout the course. Each assignment will have its' own point value, and will be graded individually.</p> <p><u>Assignments/Assessments Include:</u></p> <ul style="list-style-type: none">● Credit for satisfactory progress with Creativity, Action & Service (CAS) and Extended Essay (EE) requirements.● Leading and facilitating Small Group Sessions & Buddy Olympic Activities. Each will be assessed by your faculty advisor & Mr. Brown, according to the evaluation rubrics.