



HIGH SCHOOL SUMMER ONLINE COURSE FOR NEW CREDIT

Foundations of Personal Fitness & Wellness (Course # E931YS)

Grades 9–12, Summer Only, One Credit. Prerequisite: Currently enrolled in LCS. This course fulfills one of the standard units of credit in Health and Physical Education required to graduate. Using an online approach, the course covers both health and physical education standards. Students will be assigned to a licensed Lynchburg City Schools' Health/Physical Education teacher who will monitor, assist, and evaluate module completion. Virginia's 9th grade Physical Education SOLs- includes developing and executing a personal fitness plan. Virginia's 9th grade Family Life Education SOLs- includes topics like substance-free living; nutrition and healthy eating; environmental and community safety; mental and emotional health; and disease prevention. While the majority of the course is virtual, **students are required to attend a Pre-Test and Post-Test** (in-person session) to participate in Fitnessgram Testing, get hands-on CPR practice and complete the final exam for the health course.

Pre-Tests sessions will be available on May 30 & June 4.

Post-Test sessions will be available on July 19 & July 23.

Cost: \$225.00



Must be paid in full on or before May 17, 2024. Refunds will not be issued after the start of the course (June 4, 2024). Payment can be made through www.myschoolbucks.com. While the preferred method of payment is to use My School Bucks, parents may pay by cash or check (made out to E. C. Glass High School). Those electing to pay by cash or check must bring payment to Ellaree Rice, Bookkeeper at E. C. Glass High School prior to 2pm Mon-Thurs.

For questions regarding payments, please contact Rachel Mullins (mullinsrl@lcsedu.net).

Course Start Date: June 4, 2024

Course End Date: July 19, 2024

Students are responsible to work at his/her own pace to ensure completion of all coursework.



Online Registration Dates:
April 18, 2024 – May 17, 2024



Go to <https://bit.ly/4a6pS4L> to register for the course.

Pay through My School Bucks: <https://bit.ly/3TMIEJd>

Disclaimer: The deadline for course payment is May 17, 2024. Those who miss the deadline will be placed on a waiting list for course consideration, but will not be guaranteed a spot in the course.