



## ICSV High School Course Descriptions

### Language Arts

#### Grade 9 – Introduction to Literature

Introduction to Literature is designed to introduce students to the secondary level of the study of literature and academic writing. This class will introduce students to the skills necessary to critically evaluate literature, and in turn the world, from a biblical worldview. It will also enable students to express their own thoughts and ideas in an effective way through writing. Through these means, students will develop an appreciation for literature and writing. Students will also define, identify, and understand the purpose of key literary elements in prose and poetry and will be able to create original examples of the elements. Emphasis is placed on writing a solid five-paragraph essay.

#### Honors Grade 9 – Introduction to Literature

In addition to the content and skills studied in Grade Nine English, an honors option is also offered. An additional unit study of a literary text of merit is included in this course. Throughout the course, students will experience a more rigorous, challenging curriculum within the regular units.

#### Grade 10 – World Literature

World Literature is designed to expose students to the literature, worldviews, and cultures of countries in both the Western world and beyond. The goal is to allow students a glimpse into cultures and ideas that are different from their own in order to better understand the common human nature that all people have and to evaluate cultures and ideas in a balanced way. Students also further develop their writing skills, in addition to learning key research skills that will enable them to find out more about their world. Students exhibit clarity and depth in writing essays at a higher level than the five-paragraph essay and are able to carry out effective research and then record their findings in the form of a research paper.

#### Honors Grade 10 – Introduction to Literature

In addition to the content and skills studied in Grade Ten English, an honors option is also offered. An additional unit study of a literary text of merit is included in this course. Throughout the course, students will experience a more rigorous, challenging curriculum within the regular units.

#### Grade 11 – American Literature

This academically rigorous course will cover all key elements of a high school English course: vocabulary, grammar, critical reading, composition and literature. Students will gain an appreciation for short stories, poetry, plays, essays, non-fiction pieces and novels, as well as identification of literary elements and terms. Interpretation, comparison, and analysis of literary works will be covered. This class focuses on formal analytical and persuasive essay writing, timed essays, and a research paper. Peer reading and editing, with opportunities for revision, will encourage the mastery of composition skills. These language arts



competencies are learned through the context of romantic, transcendental, modern, and contemporary American literature.

## **Grade 12 – British Literature**

With British Literature as its cultural foundation, the English 12 curriculum provides a balanced program of reading, writing, speaking, listening, language, and literature. Participating in a variety of integrated, student-centered, rigorous activities, twelfth grade students learn to process information effectively, examine ideas critically, and express themselves effectively in the real-life worlds of study, work, and leisure.

Students read a wide range of challenging works of recognized literary merit and understand the nature of literature in an artistic sense and in its historical and universal sense. They write analyses of various pieces of literature exemplifying characteristics of the following historical time periods: Anglo-Saxon, the Renaissance, the Restoration, the Romantics and Victorian Age, and the Twentieth-Century.

## **IB Language A: Language and Literature**

### **Standard Level SL**

### **High Level HL**

A key aim of the Language A: Language and Literature course is to encourage students to question the meaning generated by language and texts, which, it can be argued, is rarely straightforward and unambiguous. Helping students to focus closely on the language of the texts they study and to become aware of the role of each text's wider context in shaping its meaning is central to the course. There are four parts—two relate to the study of language and two to the study of literature. The study of the texts produced in a language is central to an active engagement with language and culture and, by extension, to how we see and understand the world in which we live. In view of the international nature of the IB and its commitment to intercultural understanding, this course does not limit the study of texts to the products of one culture or of the cultures covered by any one language.

The study of literature in translation from other cultures is especially important to IB students because it contributes to a global perspective, thereby promoting an insight into, and understanding of, the different ways in which cultures influence and shape the experiences of life common to all humanity.



## Math

### Algebra I

Students learn to enjoy Algebra and to develop an appreciation of the elegance and power of Algebra. They develop logical, critical, and creative thinking while learning patience and persistence in problem-solving. Students learn to communicate clearly and confidently in a variety of contexts as they develop an understanding of the principles and nature of Algebra. They apply and transfer skills to alternative situations and other areas of knowledge. The content of Algebra I is organized around families of functions, with special emphasis on linear and quadratic functions. As students learn about each family of functions, they will learn to represent them in multiple ways – as verbal descriptions, equations, tables, and graphs. They will also learn to model real-world situations using functions in order to solve problems arising from those situations. In addition to its algebra content, the course includes lessons on probability and data analysis as well as numerous examples and exercises involving geometry. The course provides a solid foundation for subsequent mathematics courses in the upper school as well as preparation for standardized tests.

### Algebra 2 (Pre-requisite – Algebra I)

Algebra 2 students become familiar with, graph, and apply a wide range of functions to given situations. They are able to make further connections with and apply their previous studies in Algebra and Geometry. They learn to apply mathematical knowledge and skills in solving relevant real-world application problems. Students develop logical, critical, and creative thinking while learning patience and persistence in problem-solving. Students learn to utilize technology to the graph, solve, and model various mathematical functions. This Algebra 2 course is organized around families of functions; linear, quadratic, exponential, logarithmic, radical, and rational functions. Students will learn about these functions and the rules, techniques, and procedures necessary to manipulate and solve problems with these functions. In conjunction with this technical knowledge, students will develop an intuitive understanding of these functions; skills in critical thinking, and creative problem solving as they apply these mathematic concepts to real-world situations. Students will also start to explore secondary fields of mathematics such as Combinatorics and Probability

### Geometry (pre-requisite – Algebra I)

Geometry students learn to reason, and discover Geometric properties through the use of technology. This class makes extensive use of the Geogebra application. Students develop logical, critical, and creative thinking, while learning patience and persistence in problem-solving. Units include geometric construction, properties of lines and angles, properties of triangles, polygons and circles, area, volume, the pythagorean theorem, and trigonometry. Students utilize, review, and show mastery of Algebra I skills.

**Pre-Calculus (Pre-requisites – Algebra 2, Geometry)** There are many applications of mathematics which do not fit neatly into the category of Algebra or Geometry, but which are widely applied in the real world. These include data analysis, statistics, probability, and trigonometry, which are thus explored in Pre-calculus. Ultimately, Pre-calculus is designed to prepare students for the study of Calculus either at the



high school or University level. Units include relations, functions, and families of graphs; trigonometric functions and identities; and advanced functions, such as exponential, logarithmic, and polar. Students study discrete mathematics and are introduced to Calculus. Specifically, in precalculus, we look at using functions to represent mathematical ideas and model real-world scenarios with an emphasis on trigonometric functions. Calculus, physics, and engineering are firmly based on the language of functions. We also look at other ways to represent mathematical ideas including vectors, matrices, parametric and polar equations, sequences and series, recursion, and fractals. We study mathematics to get better at finding pattern, structure, and meaning in ideas and the world around us. Graphing technology is used throughout the course.

## **IB Math SL (Standard Level) \*\*Ending May 2020**

IB Math students employ and refine their powers of abstraction and generalization. They learn to appreciate how developments in technology and mathematics have influenced each other. They also learn to appreciate the moral, social, and ethical implications arising from the work of mathematicians and the applications of mathematics. In addition, they learn to appreciate the international dimension in mathematics through an awareness of the universality of mathematics and its multicultural and historical perspectives. The course covers numerous topics in Algebra, Geometry, and Calculus. Students also study functions and equations, vectors, and statistics and probability.

## **IB Math Applications & Interpretations (SL & HL)**

This course is designed for students who enjoy describing the real world and solving practical problems using mathematics, those who are interested in harnessing the power of technology alongside exploring mathematical models and enjoy the more practical side of mathematics. We will also explore how we see the Diving throughout mathematical laws. Students will be provided with opportunities to learn through mathematical inquiry and discovery, and will be expected to show their learning in a variety of ways.



## **Science**

### **Biology**

Life is the most precious gift each of us has received. Biology has much to teach us about our mortal life and our interdependence with the other forms of created life on this earth. In this class, students work to discover and obtain knowledge of the interactions between the living and nonliving worlds by examining the organization of living things. Students continue in their mastery of utilizing the scientific method in their approach to learning. They practice their lab skills by using scientific reasoning, observation and inference, analysis and interpretation of experimental data, and presentation of their findings. They study biochemistry, the organization of cells, genetics, and the classification of organisms. Students also study creation and evolution from both a biblical and scientific perspective.

### **Chemistry**

God has created not only the world, but also the universe, out of just 92 elements, arranged in almost infinite variety according to basic laws. Furthermore, the elements themselves are made up of just three elementary particles. In this course, students learn to better understand the fundamental principles underlying all of matter, so as to appreciate the orderliness of creation. They also realize the importance of scientific literacy in this age of technology. Students develop a sense of awe at the majesty and mystery of the created universe, an appreciation for the impact that Chemistry has on their lives. Through numerous laboratories students experience first hand interactions between atoms, ions, and compounds that describe the movement of electrons in a world we cannot see. Students will become both proficient and accurate in laboratory procedures and carry them out safely and carefully.

### **Environmental Systems and Societies**

“Fill the earth and subdue it” (Gen. 1:28) was one of the first instruction given to human race. We all have a stake in how elements of nature and natural systems are used and managed. Through studying environmental systems and societies (ES&S) students will be provided with a coherent perspective of the interrelationships between environmental systems and societies; one that enables them to adopt an informed personal response to the wide range of pressing environmental issues that they will inevitably come to face. Students will be able to study this course successfully with no specific previous knowledge of science or geography. However, as the course aims to foster an international perspective, awareness of local and global environmental concerns and an understanding of the scientific methods, a course that shares these aims would be good preparation. During the course, students will study eight different topics. An important aspect of the ES&S course is hands-on work in the laboratory and/or out in the field.



**IB Chemistry**  
**Standard Level SL**  
**High Level HL**

IB Chemistry students begin to realize the importance of scientific literacy and communication, both locally and globally, in this age of technology. They design, conduct, document, and share several laboratory exercises with the global community. IB students apply and use atomic theory and the underlying experimental evidence of the subatomic particles and the Quantum Mechanical Model. They analyze the structure of the Periodic Table of the Elements and the reason for it from the quantum model of the atom. They evaluate the origin and types of atomic bonding, and the nomenclature for naming compounds and the reactions that formed them. Students become adept at making critical evaluations of data for reasonableness, units, and for significance. They are challenged to apply what they are learning to the real world and seek solutions in and outside the proverbial box.

**IB Biology**  
**Standard Level SL**  
**Higher Level HL**

Biology means the study of life. Life is the most precious gift each of us has received. Biology has much to teach us about our mortal life and our interdependence with the other forms of created life on this earth. We will work to discover and obtain knowledge of the interactions between the living and nonliving worlds by examining the organization of living things. We are fearfully and wonderfully made. (Psalms 139) Through studying biology, students should become aware of how scientists work and communicate with each other. While the scientific method may take on a wide variety of forms, it is the emphasis on a practical approach through experimental work that characterizes IB biology.

	<b>Core - 95 teaching hours</b>	<b>Option - 25 teaching hours</b>	<b>Practical Scheme of Work- 60 hours</b>	<b>Additional Higher Level - 60 teaching hours</b>
Standard Level (SL)	Cell Biology, Molecular biology, Genetics, Ecology, Evolution and biodiversity, Human Physiology	Option C: Ecology and conservation	Prescribed lab activities, individual investigation, Group 4 project	
Higher Level (HL)				Nucleic acids, Metabolism, cell respiration and photosynthesis, plant biology, genetics and evolution, animal physiology



## **Social Studies**

### **World Geography**

Geography is the study of the physical world we live in and the way humans have used the physical world to shape culture, government, art, religion, science, and daily life. By studying geography through these fields, students learn to analyze how their world formed to be what it is today and to evaluate how their choices, individual and societal, can change the world for the future, either positively or negatively. Students learn to recognize the modern world countries and the appropriate geographical terms related to the study of world geography. They compare and contrast different types of maps and their uses. They analyze modern geographical issues and their impact on the international community. They evaluate different methods used to solve international issues and anticipate the outcomes of those methods. UN Council format is utilized for class discussions.

### **Honors World Geography**

In addition to the content listed in World Geography, this honors level course expects students to perform at a higher level. For example, honors students learn more vocabulary, examine and analyze art, architecture, music and literature selections in greater depth, and read at a higher level. They have a greater homework load and complete more mini-projects preparing them for the rigor necessary to enter into the IB History track, if they choose.

### **Modern European History**

Modern European History deals with significant time periods in Europe starting from The Renaissance until the Great Wars (WWI & WWII) and the formation of the European Union. Students will take a close look at noteworthy personalities, events and ideas, and how they shaped Europe to what it is today.

### **Honors Modern European History**

The honors class will have more activities and assessments that involve critical thinking skills such as analyzing, synthesizing, perspective taking and evaluating.

## **Psychology**

God has created the universe and all living things in it. He specifically made man to be in His image. Through the study of psychology, students are challenged to analyze and evaluate what it is that makes human beings unique from all other creation. Students compare and contrast the various theories



concerning cognitive, physical, and emotional development, as well as evaluate how these theories affect moral standards. Throughout this course, students also examine how they approach learning and interact with the many people not just in the city of Vienna, but throughout the world in a biblical manner. They study the different psychologists and theories over the course of history. They also evaluate different forms and steps of psychology research and experiments and reproduce these by creating their own experiments.

## **Economics – one semester**

Economics students learn historical and economical terms and vocabulary to be used throughout the course. They compare and contrast the different economics systems and analyze historical events in the economics world and their impact on the modern world. The students evaluate how to address the growing problem of unemployment and poverty and consider how to apply economic principles to personal life through real-life simulations.

## **Contemporary Social Issues - one semester**

This class studies selected serious problems facing the American and global societies in which we live. The problems discussed include war, population dynamics, environmental issues, urban problems, inequality, crime, family level problems, and health care.

## **IB History**

### **Standard Level SL**

### **Higher Level HL**

IB History is the study of how culture, governments, individuals, and circumstances lead to conflicts within countries and between countries, as well as how the rest of the world reacts to and attempts to solve the conflicts. Students will learn to be open-minded to and reflective of different perspectives in terms of causes and effects of these conflicts. Students will be able to synthesize their own reactions to conflict and create ideas of intervention, which leads to an evaluation of their own reactions to events and turning them into caring, risk taking members of society. Topics include Conflict and Intervention in Rwanda and Kosovo, 20th Century Wars, Authoritarian Leaders, Politics in Britain/Ireland, and Imperial Russia and the beginnings of the USSR.

## **IB Business Management SL (Standard Level) and HL (Higher Level)**

IB Business Management is the study of how 6 concepts (globalization, ethics, change, culture, innovation, and strategy) are interrelated and affect how businesses make decisions. Using real-life business examples, students will learn how to assess problems and suggest changes to be made in order to be successful. Topics include Human Resource Management, Finance, Marketing, and Operations Management. One of the main projects students will work on is formulating a business plan for their own business, giving them a chance to apply these concepts to their own life.





## **Bible**

### **Grade 9 – Foundations of Faith**

This class will focus on inviting students to build a solid foundation of belief in the person of Christ and His teachings. Students will examine the Christ-centered theistic worldview in comparison to other major worldviews and will gain an understanding of what it means to apply God's invitation to love Him with all of our heart, soul, and mind. Students will be challenged to apply the definitions of faith and truth in their examination of the claim of the Bible as God's collected book of inerrant revelation. Ultimately, the course will provide opportunity to gain an understanding of the whole of Scripture in view of the mission of God.

### **Grade 10- 12 – Life of Christ/Philosophy and Theology**

Semester one of this course will focus on helping students understand the biblical perspective of who Christ is. Students will examine and apply the concept of Christ's role as our prophet, priest, and king. Students will gain an understanding of Jesus as the fulfillment of prophecy and will not only understand His place in history, but also His relevance to our lives today. Ultimately, the hope is that Jesus' life and message will transform students' lives as they gain a greater understanding of who Christ is in their individual lives and personalize their response to Him.

During the second semester, this course will combine the study of the basic philosophy of the nature of reality and Christ-centered Theology with the exploration of the highly influential works of G.K. Chesterton, C.S. Lewis, and J.R.R. Tolkien, including *Orthodoxy*, *Mere Christianity*, *The Great Divorce*, and selections from *The Silmarillion*, *The Hobbit*, and *The Lord of the Rings*. Students also study original works from world-renowned philosophers such as Plato and Nietzsche. Class discussion is centered on becoming a "real Christian" and choosing to make one's faith personal, dynamic, active, and joy-filled.

## **Foreign Language**

### **German I**

Students in level one German learn to speak, read, write and understand German on a very basic level - understanding and using familiar everyday expressions and very basic phrases aimed at the satisfaction of needs of different types. They can introduce themselves and others and can speak and answer or formulate questions about personal details, such as where they live, where they come from, their hobbies, people they know, and things they have. The students can interact in a simple way, provided that the other person talks slowly and clearly. Students develop a basic understanding of the Austrian culture, as well as customs and traditions of the Austrian/German- speaking community throughout the language. In general,



students gain knowledge in the following topics: numbers; vocabulary ranging from hobbies, food, family, basic time and dates, school, animals, and vacation; past, present, and perfect tenses; nouns, articles, verbs, conjunctions, and adjectives; forming questions; nominative, dative, and accusative cases; indicative, imperative, and conjunctive modes; prepositions; comparatives; and negation.

## **German 2**

Students in level two German learn to speak, read, write and understand German on a basic level - understanding and using an appropriate set of phrases from his repertoire and basic phrases aimed at dealing with everyday situations with predictable content. They can give and write a simple description or presentation of people, living or working conditions, and daily routines, as a short series of simple phrases and sentences linked into a list.

The students can interact, can develop a clear argument at some length, and can give a short, rehearsed presentation on a topic pertinent to his/her everyday life. Students gain a more profound understanding of the Austrian culture, as well as customs and traditions of the Austrian/German speaking community, like working conditions (Feiertage) or interactions in social situations like in a restaurant.

In general, students gain knowledge in the following areas: vocabulary about work, health, feasts, restaurant, school, hobbies and giving directions, and vacation. They continue to learn the same grammatical constructions as indicated in level one, with the addition of the future tense, reflexive verbs, adverbs, pronouns, and the genitive case.

## **German 3**

German 3 students understand the main points of clear standard input on familiar matters regularly encountered in work, school, and leisure. They learn to handle with most situations likely to arise whilst travelling in an area where German is spoken. The students can produce a simple connected text on topics which are familiar or of personal interest and can describe experiences and events, dreams, hopes, and ambitions, giving reasons and explanations for opinions and plans. Their knowledge in the following areas is added to their repertoire: the simple past, present and past perfect, and plusquamperfekt tenses; and adjective declension. They learn more vocabulary concerning health, entertainment, technology, characteristics, feelings, relationships, and traffic.

## **German 4**

Level four students learn to speak, read, write and understand the German language on a proficient level. They can understand the main ideas of complex text on both concrete and abstract topics. Students achieve a degree of fluency and spontaneity that makes regular interaction and producing of essays with an extended length possible. Their essays are clear, well-structured, and detailed and show controlled use of grammar and vocabulary use. Students understand the German culture as well as customs and traditions of the German speaking community throughout the language.

## **German 5**



German 5 is a challenging course that prepares students for IB German, especially at the higher level. The students have already reached a level of proficiency and can express themselves on a range of topics. In this course, the students learn to produce clear and detailed text on a wide range of subjects and explain a viewpoint of a topical issue giving the advantages and disadvantages of various options. Furthermore, the students learn to interact with a degree of fluency and spontaneity that makes regular interaction with native speakers possible without strain for either party. The focus of this course is to make the transition to IB German easier.

## **IB German Language A: Language and Literature**

### **Standard Level SL**

### **Higher Level HL**

This German course is designed for students who have experience of using the language of the course in an academic context. The language background of such students, however, is likely to vary considerably—from monolingual students to students with more complex language profiles. The study of texts, both literary and non-literary, provides a focus for developing an understanding of how language works to create meanings in a culture, as well as in particular texts. The Language and Literature course is to encourage students to question the meaning generated by language and texts, which is rarely straightforward and unambiguous. Helping students to focus closely on the language of the texts they study and to become aware of the role of each text's wider context in shaping its meaning is central to the course. All texts may be understood according to their form, content, purpose and audience, and through the social, historical, cultural and workplace contexts that produce and value them. Responding to, and producing, texts promotes an understanding of how language sustains or challenges ways of thinking and being.

## **IB German Language B: Language Acquisition**

### **Standard Level SL**

### **High Level HL**

The Diploma Program is a rigorous pre-university course of study. It aims to encourage students to be knowledgeable and inquiring, but also caring and compassionate. There is a strong emphasis on encouraging students to develop intercultural understanding, open-mindedness, and the attitudes necessary for them to respect and evaluate a range of point of views. Language B is an additional language-learning course designed for students with some previous learning of the language. The main focus of the course is on language acquisition and development of language skills. These language skills are developed through the study and use of a range of written and spoken material. Such material will extend from everyday oral exchanges to literary texts and should be related to the culture concerned. The students develop mastery of language skills and intercultural understanding.



## **IB Spanish Ab Initio – Standard Level SL**

This Spanish course is for students new to the Spanish language. It uses themes to develop language acquisition. Such themes include individuals and society; daily routines; education; food and drink; descriptions; physical health; relationships; shopping; leisure and work; entertainment; holidays; media; sports; technology; transportation; geography; and weather.

## **English Language Learning**

### **High School ELL**

English is the operational language of ICSV. It is imperative that students have an academic level of English proficiency. This class will assist students in understanding and using basic grammatical, reading, writing, pronunciation, and listening comprehension skills. Students will grow in social and academic English and be able to more fully participate in mainstream classes. The ELL teachers will also guide students in viewing literature, projects, and conversations from a Christian perspective.

## **Fine Arts and Electives**

### **High School Choir – one semester**

In high school choir, students learn to sing using a technique based on the Bel Canto style (Italian for “Beautiful Singing”). They also learn to sight-sing through the fixed-do solfeggio system. They sing choral arrangements in four-part harmony, learn to sing and dance for show choir performances, and perform for various concerts. They are often invited to sing at community events, like at the UN Women’s Organization.

### **Visual Art - one semester**

This course develops students’ skills through a variety of art experiences so that students become proficient observers and creators. They grow in their ability to describe, interpret, evaluate, and respond to works in the visual arts. This course enables students to recognize their unique talents as they glorify God while gaining an understanding of God’s creation and art as a means of human expression. Students evaluate art’s purpose through examination of their own work and that of other people, times, and places. They begin to understand the meaning and impact that the visual arts have in the world in which they live. This course helps the students prepare for entrance into IB Art.



## **IB Art**

### **Standard Level SL**

### **High Level HL**

During the first year of the IB course, students are introduced to the Comparative Study requirements, the Process Portfolio requirements, and the Exhibition requirements. They are introduced to visual analysis, drawing, painting, ceramics, mixed media, printmaking, and various student-interest-fueled units.

During their second year, students are introduced to the curatorial process and progress in their student-initiated projects. They submit their Comparative Study, Process Portfolio, and Exhibition for review and assessment.

## **Publication**

This course will produce the ICSV 2018-2019 yearbook, documenting the year in book form. Students will learn basic graphic design and typography, digital photography techniques, and will become proficient in creating layouts in Adobe InDesign, preparing photos for print using Adobe Photoshop and Lightroom, and creating illustrations and other assets for layouts using Adobe Illustrator. The result will be a document that honors God and reflects a positive view of the work of the International Christian School of Vienna.

## **Computer Applications – one semester**

Students who take this course learn advanced features of Microsoft Office 2010 (Word, PowerPoint, Excel). They understand how new technology affects us and the ethical and moral issues brought forth through the proliferation of computers and the Internet. Students also learn basic web design and coding, digital imaging and animation, and video production and effects using the Adobe CC Suite of programs.

## **Health and Physical Education**

### **Physical Education/Weight Training 9-12 – one semester**

We are created in the image of God to bring honor to God in the way we use and treat our bodies. International Christian School of Vienna recognizes that good health includes the physical, mental, social, and spiritual sides of the individual. A quality physical education program should include a wide variety of physical experiences that include activities for the individual and also for groups. We desire that our students would want to pursue physical activity for the rest of their life.

In this class, students develop their motor skills by using games and age-appropriate movement drills. As they participate in structured “team oriented” and/or lead-up games for sports such as soccer, handball, volleyball, gymnastics, and basketball, students experience and discuss issues related to participation and personal fitness. In doing so, they develop an appreciation of a healthy and active lifestyle. Students also use the fitness room to learn bodyweight exercises for abs, quads, glutes, chest, biceps, triceps, back. They



utilize both the machines and free weights in a proper way. They receive cardiovascular, agility, Cooper-test, and strength training.

### **Health – one semester**

God has revealed much to us about how to treat our bodies. With this foundation, we can examine some of the natural consequences to our health if we disobey God's standards by neglect or abuse. In this course, students focus on their personal behavioral choices and the consequences that may result. They learn to make wise decisions, analyze influences, advocate for themselves and others, and develop a wellness plan that can be followed throughout their lives. Students learn about proper nutrition, stress management, and the effects of drugs, alcohol, and tobacco on the body. Students also learn first aid.