Upper School Health

Upper School Students are required to complete two semesters of Health.

Health 101

The Health 101 course provides students with the knowledge and understanding necessary to make informed health decisions. Using reflection activities, group work, discussion, analysis, the Hill Family Fitness Center, and more, students will explore topics regarding their mental, emotional, social, and physical health. Students will be asked to examine and analyze their own health behaviors and to discover and understand their own beliefs and ideas.

The overarching goal of the course is for each student to use the knowledge and skills gained to develop her own plan for achieving and maintaining health throughout her life.

Health 201

Building on the foundations of Health 101, the Health 201 course equips senior students with the knowledge and skills necessary to live as healthy adults both physically and emotionally, through college and beyond. Topics covered include managing personal fitness, sexual health, emotional well-being, and personal safety. Significant time is spent focusing on personal safety, including an intensive unit on the physical and mental aspects of effective self-defense. Moreover, this course will utilize a sociological lens to evaluate the impacts of health decisions in our communities and across the globe.

Instructors

Rebekah Calhoun, Health 201 Coordinator
Melinda Nuñez, Health 101 Coordinator
Adaku Ebeniro, Junior Flex Coordinator
Meg Hinkley, Self Defense Instructor

Jennifer Johnson, Assistant Athletic Director,
Physical Education and Health Department Chair

Questions? Please contact Rebekah Calhoun: rcalhoun@hockaday.org
or Melinda Nuñez: mnunez@hockaday.org