

HEALTH & HUMAN PERFORMANCE ACADEMY REQUIREMENTS

Purpose:

The Living Word Lutheran High School Health and Human Performance (HHP) Academy exists to challenge and develop students with interests and aptitudes in Science, Fitness, Nutrition, and Human Performance. The accentuated rigor within the academy will prepare students for improved standardized testing, provide an exceptional foundation for higher education in these areas, while fostering critical thinking in today's modern society of human performance fields. Students will gain advanced experience in an environment that fosters success by focusing on the 3 C's:

Coursework – a series of rigorous academic courses featuring honors sections, as well as AP and dual credit courses

Community Engagement - a practicum in applying one's gifts and accentuating learning through real-world experiences

Capstone Project - a culminating project demonstrating a level of expertise achieved by the student in their respective academic field

Qualifications:

To be eligible for the HHP Academy, freshman students must meet the following qualifications and submit an application by May 15, 2019.

- Minimum cumulative grade point average of 3.0
- Minimum 3.5 grade point average in HHP courses taken in fulfillment of HHP Academy requirements (Physical Education, Science, Math, Technology)
- Recommendation to the Academy by one Academy panel member and one additional LWLHS faculty

Requirements:

1. Submit application by May 15, 2019
2. Review of application by Academy Panel
3. Annual review by Academy Panel of progress in Coursework, Community, and Capstone requirements
4. Complete coursework and submit Community and Capstone documentation to Academy Program Director, Mrs. Dobler
5. Maintain cumulative GPA of 3.0 or higher and Academy GPA of 3.5 or higher

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REQUIREMENT	CLASSROOM	COMMUNITY	CAPSTONE
Coursework <ul style="list-style-type: none"> • Minimum of ONE (1) AP Courses Technology, Math or Science: <i>Statistics, Biology, or Computer Science</i> • Non-AP Required Courses: <i>Anatomy & Physiology</i> 	X		
<ul style="list-style-type: none"> • Choose and complete THREE Credits (6 semesters) of these HHP field courses: <i>Aerobics, Advanced PE, PE for Athletes, Biomechanics, Strength Conditioning and Coaching Styles, Careers in Fitness, Marketing or Sports Business.</i> 	X		
Community Experience <ul style="list-style-type: none"> • Participation in minimum of (2) Academy-approved events per year with an emphasis in HHP. Appropriate venues would be elementary school or camp partnerships (elementary-middle school summer camps, skills clinics, and Officiating games), HHP camps or seminars (fees may apply), internships in a HHP field, etc. At the conclusion of each event, a written reflection is required. 		X	
Senior Project <ul style="list-style-type: none"> • Coordinate and execute a showcase involving HHP elements that will lead to solving a common Health or Human Performance issue. (Nutrition, Weight Room Education, Injury Rehabilitation, Physical Therapy, etc. Must be approved by the Academy) The goal behind this project is to educate, implement, execute, and review the plan created <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Perform a service, such as creating a workout/health plan or educational program for an individual person or group of people. The goal should be to enlighten or inform participant(s) on a better lifestyle or career. This service should last between 6-8 weeks; include a formal pre-assessment and summative assessment to show improvement over the entirety of the program. Documentation of work throughout the program by each individual should also be included. 			X