

**CTF Human Services**  
**Rec Ed. Course Outline**

Mr. Reynolds

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**Driving Question:**

What actions can I take to promote health, both mental and physical, in my life?

**Course Description:**

This complimentary course will offer students the opportunity to be active and play a variety of activities. Rec Ed. is an opportunity for students to develop their knowledge of how to improve or maintain their physical and mental health. Students will engage in various cooperative games, teambuilding/leadership activities and sports. The emphasis will be placed on sportsmanship and involvement.

***Career Possibilities: Human Services***

**Supplies**

Students are expected to bring the following supplies to class during this course:

- Indoor shoes
- Deodorant