

Rec Ed Option Course Outline

This complimentary course will offer students the opportunity to be active and play a variety of activities. Students will engage in various cooperative games and sports. The emphasis will be placed on sportsmanship and involvement.

Rec Ed enables students to explore the benefits of lifelong participation in active recreation and healthy leisure and to develop the leadership and coordinating skills needed to plan, organize, and safely implement recreational events and other activities related to healthy and active living.



Rec Ed helps develop:

- Leadership Styles and Skills
- Group Dynamics and Teamwork
- Promotion of Lifelong Participation
- Safety and Injury Prevention
- Mentorship Healthy Active Living Plan

Student expectations:

- Students will come prepared.
- Students will maintain a positive attitude.
- Students will demonstrate respect for themselves, others, and the equipment.
- Students will participate.