

PHYSICAL EDUCATION AND HEALTH

PHYSICAL EDUCATION 9

Credit Value: .5

(#7000)

Periods Per Week: 5

Semester: Either

Prerequisites: None

Open to Grades: 9

The Physical Education courses are designed to improve physical fitness levels while focusing on the tactile learner and to introduce the student to a variety of concepts which include motor learning, exercise physiology and kinesiology.

The 9th grade course has been developed to meet the increasingly diverse physical needs of the intermediate level student, focusing not only on the development of physical skills, but on concepts essential to building self-esteem, group problem solving, and the importance of team work to accomplish success.

*Physical Education is required each year for graduation

LIFETIME ACTIVITIES

Credit Value: .5

(#7010)

Periods Per Week: 5

Semester: Either

Prerequisites: None

Open to Grades: 10, 11, 12

This course will focus on individual or partner activities: Pickle ball, tennis, badminton, disc golf, golf, biking, table tennis and volleyball. A fitness component will be incorporated twice weekly for the semester course. The concept of individual and partner competition/participation is the primary goal of this course.

TEAM SPORTS

Credit Value: .5

(#7015)

Periods Per Week: 5

Semester: Either

Prerequisites: None

Open to Grades: 10, 11, 12

This course will focus on team games: football, soccer, basketball, ultimate frisbee, hockey, volleyball and handball. A fitness component will be incorporated twice weekly for the semester course. The concept of teamwork and competition is an important consideration for this class.

AEROBIC FITNESS AND DANCE

Credit Value: .5

(#7030)

Periods Per Week: 5

Semester: Either

Prerequisites: None

Open to Grades: 10, 11, 12

Aerobic Fitness and Dance is designed to introduce students to a variety of group fitness and dance classes including, but not limited to, Step, Cardio Kick-box, Latin Dance, Hip Hop, Yoga, Pilates, Bocu, High and Low Impact and Boot-camp. The students will be able to identify different exercises and muscle groups they work, demonstrate proper form when executing various exercises and increase muscular strength and endurance. A yoga mat is required for this course.

**PRINCIPLES OF WEIGHT TRAINING
AND PHYSICAL FITNESS****Credit Value: .5****(#7040)****Periods Per Week: 5****Semester: Either****Prerequisites: None****Open to Grades: 10, 11, 12**

Principles of Weight Training and Physical Fitness is designed as an introduction to weightlifting and conditioning principles. Set your own goals and develop and implement individual fitness plans. This course will consist of both a classroom setting along with utilizing the fitness center for practical application. Students will be introduced to basic principles in exercise science to gain knowledge of the benefits of physical activity and how the human body responds to different types of physical activity. The importance of proper nutrition to maximize performance will be covered in this course as well.

SPORTS PERFORMANCE**Credit Value: .5****(#7020)****Periods Per Week: 5****Semester: Either****Prerequisites: 80% or above in previous P.E. class****Open to Grades: 10, 11, 12**

This course will focus on exercise programs to improve athletic performance: strength, speed and agility. Students should consider taking this course during the off-season, if possible. The concept of partner work and personal improvement will be strongly emphasized.

ADAPTIVE PHYSICAL EDUCATION**Credit Value: .5****(#7080)****Periods Per Week: 5****Semester: Either****Prerequisites: Selected Students****Open to Grades: 9, 10, 11, 12**

This class is involved in the same activities as the regular physical education class except with more emphasis on physical fitness and necessary skill development. Students will be placed in this class by parent/doctor request, teacher recommendation, and/or a student's individual needs.

HEALTH 1**Credit Value: .5****(#7100)****Periods Per Week: 5****Semester: Either****Prerequisites: None****Open to Grade: 9, 10**

Health 1 is designed to give students a continuing understanding of the body and how to maintain a healthy state. The course covers health and wellness, mental health, illegal drugs, reproduction, pregnancy, contraception, relationships, STD's and HIV/AIDS. Community resources including guest speakers and specialists may be invited to speak.

*Health 1 is to be completed in 9th or 10th grade and successful completion is required for graduation.

HEALTH 2**(#7200)****Periods Per Week: 5****Prerequisites: Health 1****Credit Value: .5****Semester: Either****Open to Grades: 11**

Health 2 is designed to focus on a variety of health-related topics including addictions, relationships, dating violence, first aid, including CPR/AED, nutrition dealing with dietary behaviors and consumer health, focusing on careers. Community resources including guest speakers and specialists may be invited to speak.

*Health 2 is to be completed in 11th grade and successful completion is required for graduation.

FIRST RESPONDER**(#7065)****Periods Per Week: 5****Prerequisites: 70% or above in Health 1****Credit Value: .5****Semester: Either****Open to Grades: 11, 12**

First Responder is designed to provide the participant with the knowledge and skills necessary to work as a first responder in an emergency to help sustain life, reduce pain and minimize the consequences of injury or sudden illness until more advanced medical help can arrive.

The course content and activities will prepare participants to make appropriate decisions about the care to provide in an emergency. The course teaches the skills a first responder needs to act as a crucial link in the emergency medical services (EMS) system.

Students will be eligible for an American Red Cross course completion certificate as an Emergency Responder upon:

- performing specific skills competently and demonstrating the ability to make appropriate decisions for care
- passing a written examination with a score of 80% or higher