

PHYSICAL EDUCATION & HEALTH

One and one half (1.5) credits, or three (3) semesters of Physical Education and 0.5 Health are required for graduation.

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BODY CONDITIONING (PE or EL)

Grade Level: 10, 11, 12

Prerequisite: None.

Length: 1 semester (.5 credit), repeatable once as enrollment permits

Description: This class is designed for the student who has little or no knowledge of weight training, but is interested in improving strength, flexibility and cardiovascular endurance. The main emphasis of the Body Conditioning is to help the student increase muscular strength, but the student will be expected to learn about muscular coordination, the major muscle groups, and agility and cardiovascular endurance. This class will perform fitness testing.

CORE FITNESS (PE or EL)

Grade Level: 10, 11, 12

Prerequisite: None

Length: 1 semester (.5 credit) May be repeated for credit with consent of instructor as enrollment permits.

Description: The focus of this class is to provide students with instruction in designing a lifelong fitness program with an emphasis on strength training and cardiovascular fitness. Through a variety of methods such as Pilates, yoga, flexibility, balance, step aerobics, and physio balls and kick boxing, students will develop their personal program.

INTEGRATED NUTRITION/PE (PE, O or EL)

Grade Level: 9, 10, 11, 12

Prerequisite: None

Length: 1 semester (.5 credit)

Description: Integrated Nutrition is an integrated course that uses the resources of the Physical Education and Human and Health Services Departments to assist students in setting and implementing personal fitness and nutrition goals. Students will participate in regular physical exercise and healthy food preparation labs. Two days will be spent in weight training, two days in food preparation labs, and one day in aerobic training. Students may choose to take the class for either Physical Education or Occupational credit.

HEALTH – 9/10 GRADES (H or EL)

Grade Level: 9, 10

Prerequisite: None

Length: 1 semester (.5 credit)

Description: A one-semester health course required for graduation. The emphasis of the course will be to provide students with information about a wide variety of health issues. Students will be encouraged to make choices, which promote a healthy lifestyle. Subjects to be included are self-esteem, drug education, stress management, goal setting, decision-making, nutrition, suicide, human sexuality, A.I.D.S. education, teen pregnancy and sexually transmitted diseases.

HEALTH – 11/12 GRADES (H or EL)

Grade Level: 11,12

Prerequisite: None

Length: 1 semester (.5 credit)

Description: A one-semester health course required for graduation. The emphasis of the course will be to provide students with information about a wide variety of health issues. Students will be encouraged to make choices that promote a healthy lifestyle. Subjects to be included are self esteem, drug education, stress management, goal setting, decision-making, nutrition, suicide, human sexuality, AIDS education, teen pregnancy and sexually transmitted diseases. Junior and Senior students will be given the same required curriculum with some changes in assignments and expectations.

INTRODUCTION TO FITNESS (PE or EL)**Grade Level: 9, 10***Prerequisite:* None*Length:* 1 semester (.5 credit)*Description:* This course is designed for 9th and 10th graders to continue their knowledge of the

physical components of fitness and the guidelines, skills, and expectations for future

education classes. Students will develop a personal fitness plan that will promote

life long fitness habits. Students will also complete the necessary Classroom-Based Assessments for Fitness to meet state requirements.

OLYMPIC WEIGHT LIFTING (PE, O or EL)**Grade Level: 10, 11, 12***Prerequisite:* Successful completion of Body Conditioning with an A grade, or instructor permission*Length:* 1 semester (.5 credit), repeatable as enrollment permits with instructor permission*Description:* **This class is offered during zero period only.** The Olympic Weight Lifting class is designed for the serious student athlete and Olympic weight lifters. The Olympic lifts of power snatch and clean and jerk will be mastered, as well as all lead-up and core lifts. Training will also include speed and agility work.**TEAM SPORTS (PE or EL)****Grade Level: 10, 11, 12***Prerequisite:* None*Length:* 1 semester (.5 credit), repeatable once as enrollment permits with instructor permission*Description:* The content of this class will include fundamental techniques, rules, and strategies of various team sports. The development and practice of skills, sportsmanship and functioning as a team member will be provided through competitive activities and games. This class will also provide a component of strength training, cardiovascular conditioning, nutritional information, and fitness testing. Activities may include flag football, basketball, volleyball, indoor soccer and floor hockey (Spring session).