

HEALTH & FITNESS PROGRAM

<u>COURSE</u>	<u>LENGTH</u>	<u>CREDITS</u>	<u>OPEN TO</u>
Freshmen Physical Education	Semester	2.5	9
Physical Education	Semester	2.5	10, 11, 12
Adapted Physical Education	Semester	2.5	9-12
PE Leader Program	Semester	2.5	11, 12
Health	Semester	2.5	9-12

Health and Physical Education have been integrated to teach effective means of establishing a lifestyle based on healthy attitudes and actions. Fitness for life is an active process of becoming aware of and making positive choices toward a better-adjusted life style. Health has six dimensions: Physical, Emotional, Mental, Social, Spiritual, and Environmental. A modern Health and Physical Education program can and should result in many benefits for students, staff, and community members. These benefits would include healthier, self-confident, more relaxed individuals who are educated in enjoyable and affordable ways to initiate and maintain a healthy lifestyle.

FRESHMAN PHYSICAL EDUCATION

Semester, 2.5 credits

Prerequisite: None

Open to: Fr.

Physical Education units for freshmen include the following:

Fall/Spring

Flag football, jogging/power walking, outdoor challenge education, tennis, physical fitness testing, soccer/speedball, softball, track

Winter

Basketball, floor hockey, indoor soccer, physical fitness testing, volleyball, fitness center/aerobics, recreational games

PHYSICAL EDUCATION

Semester, 2.5 credits

Prerequisite: None

Open to: So., Jr., Sr.

Physical Education units for sophomores and juniors include the following:

Conditioning courses, golf, jogging/power walking, archery, outdoor challenge education, recreational team sports (indoor), recreational team sports (outdoor), tennis, volleyball, badminton, fitness center/aerobics, pilates, yoga, frisbee golf, softball.

ADAPTED PHYSICAL EDUCATION

Semester, 2.5 credits

Prerequisite: Special Education Referral

Open to: Fr., So., Jr., Sr.

Adapt means to make suitable, to adjust, accommodate, or modify in accordance with identified needs. These needs may be developmental or environmental. Educators adapt curriculum content, instruction, assessment, and evaluation methodology, and physical environment, but they also help students to adapt. This class would be for any student referred through guidance or special education. Adapted Physical Education may be included in a student's Special Education Plan.

PHYSICAL EDUCATION LEADER FOR FRESHMEN P.E

Semester, 2.5 credits

Prerequisite: Physical Education, Participation in at least two interscholastic athletic teams, Teacher Recommendation

Open to: Jr., Sr.

Physical Education leaders develop leadership skills working under the direction of the Physical Education teacher in freshman classes.

PHYSICAL EDUCATION LEADER

Semester, 2.5 credits

Prerequisite: Physical Education, Participation in at least two interscholastic athletic teams, Teacher Recommendation

Open to: Sr.

Physical Education leaders develop leadership skills working under the direction of the Physical Education teacher in sophomore/junior classes.

HEALTH *

Semester 2.5 credits

Prerequisite: None

Open to: Fr., So., Jr., Sr.

The topics studied include the following: (a) introduction to health and effective decision-making; (b) mental health (self-esteem, peer pressure, body image, stress); (c) emotional health (depression, suicide prevention, coping with loss); (d) substance abuse prevention (tobacco, alcohol, illegal drugs); (e) non-infectious diseases (cardiovascular disease, cancer, diabetes); (f) human sexuality (reproduction, contraception and sexually transmitted diseases); (g) abuse & violence (dating violence, domestic abuse, harassment, hazing); (h) current health issues.

*** GRADUATION REQUIREMENT-Every student MUST take and pass one semester of Health.**