

PHYSICAL EDUCATION

REQUIRED COURSES

HEALTH EDUCATION

0.5 credit, grade 9 (REQUIRED)

This is a class designed to provide the student with knowledge and skills covering a wide range of health related topics. Areas to be studied: mental/emotional health, personal health, family life and health, nutrition, disease prevention and control, safety and first aid, substance use and abuse (alcohol, drugs, tobacco) and human sexuality education. Issues dealing with consumer, community and environmental health will be included where appropriate in the unit being studied. (Birth control and physical development sections of sexuality education are optional at the parent's discretion).

PHYSICAL EDUCATION

0.5 credit, grades 9-10 (REQUIRED)

This required class is designed to improve the students understanding of Physical Education, along with their physical, mental, social and recreational skills. Fitness concepts, personal responsibility for their own fitness levels, safety, exercise physiology, kinesiology, muscle anatomy, nutrition, injury prevention, along with opportunities to investigate career and technological aspect of Physical Education. Students will participate in a variety of activities that will include introductory aquatics, team sports, lifetime sports, and physical fitness testing -- all promoting healthy lifestyles and wellness.

ELECTIVE COURSES

AEROBIC FITNESS 1

0.5 credit, grades 9-12

Prerequisite: Required Physical Education class. Emphasis will be on health related fitness. Students will identify and apply the fundamental principles of cardiovascular endurance, muscular strength/endurance and flexibility training. Daily workouts may include the following kinds of activities; stretching exercises, calisthenics, walking, jogging, running, rope jumping, circuit training, weight training, rubber bands, step training and aerobic exercising and dancing.

AEROBIC FITNESS 2

0.5 credit, grades 10-12

Prerequisite: Aerobic Fitness 1. A continuation of Aerobic Fitness 1, this course is presented to give the student additional opportunity for improvement of fitness. Students will continue to apply the fundamental principles of cardiovascular endurance, muscular strength/endurance and flexibility training. Daily workouts will be the same as those described for Aerobic Fitness 1.

BASIC SWIMMING

0.5 credit, grades 9-12

Prerequisite: Required Physical Education class. This course will include stroke and skill development, water related exercises and activities, and water safety skills. It includes swimming technique equivalent to the American Red Cross Level 5. Community Water Safety is presented as well as an exposure to water sports including water polo, water volleyball, and occasionally snorkeling. Course work includes bookwork and written assignments from Community Water Safety, aquatic based fitness activities and appropriate skill. Students must pass an assessment test.

INDEPENDENT STUDY

0.5 credit, grades 10-12

Prerequisite: Application process. This course is designed for the student in grades 10-12 who desires a more intensive study in a particular discipline than the general curriculum provides. Before registration and the term begin, each student must submit a work-study plan for the term signed by her/his parent/guardian. Upon approval, one copy will be held by the student, one by the teacher and the third given to the counselor. Weekly student-teacher conferences will be arranged to monitor the student's progress. The final project may be evaluated by the entire department before a grade is given. Students selecting this course must be able to work independently and responsibly.

CONDITIONING & STRENGTH TRAINING 1

CONDITIONING & STRENGTH TRAINING 2

0.5 credit, grades 9-12

Prerequisite: Required Physical Education class. This is a series of elective courses that goes into conditioning and strength at a higher level. The student will participate in a variety of activities, including endurance running, interval training, strength training, circuit training, physical fitness training and flexibility training. They will assess their own level of fitness, improve overall strength, flexibility, and cardiovascular endurance. Emphasis will be on the "why" behind

conditioning and lifetime fitness. Topics will include muscle identification, principles of conditioning, strength terms, prevention and treatment of injuries, and nutrition.

LIFEGUARD TRAINING

0.5 credit, grades 10-12

Prerequisites: Red Cross advance swimming certification or instructor's approval. This course will develop the student's swimming skills as well as muscular and cardiovascular endurance. It will provide the knowledge and skills designed to save his/her own life or the life of another in the event of an emergency. This training is intended to be a complete lifeguard training course in which certification from the Red Cross can be earned (Advanced Swimming, Lifeguard training, and community CPR. Students must pass an assessment test.

LIFETIME FITNESS ACTIVITIES 1

LIFETIME FITNESS ACTIVITIES 2

0.5 credit, grades 9-12

Prerequisite: Required Physical Education class. This course offers instruction and experiences in a variety of lifetime fitness activities such as health related fitness activities and testing, volleyball, badminton, golf, tennis and other recreational activities. The student will learn fundamental rules, skills and strategies necessary for participation. Not designed for the highly competitive athlete, this course is geared for the student who wishes to engage in lifetime activities for enjoyment and exercise.

SPORTS CONDITIONING 1

0.5 credit, grades 9-12

Prerequisite: Required Physical Education Class. Application Process. This course provides an opportunity for a student interested in conditioning or athletics to develop a strengthening and conditioning program. It will assist the student to make significant improvement in strength, flexibility, quickness, cardiovascular efficiency, muscular endurance, and fitness skills. Each student jointly with his/her physical education teacher and/or coach will develop an individualized conditioning plan and program. A maximum of 1 credit may be earned in sports conditioning courses toward meeting graduation requirements.

SPORTS CONDITIONING 2

0.5 credit, grades 9-12

Prerequisite: Sports Conditioning 1. This course will provide a more advanced opportunity for the student in conditioning. Based on the knowledge and fundamentals of the training and conditioning of Sports Conditioning I, Sports Conditioning II will further the student's development in strength, flexibility, quickness, cardiovascular efficiency, muscular endurance and fitness skills. Each student will develop an individualized workout plan to develop an area of fitness. A maximum of 1 credit may be earned in Sports Conditioning courses toward meeting graduation requirements.

STRENGTH AND CONDITIONING – WOMEN ONLY

0.5 credit, grades 9-12

Prerequisite: Required Physical Education class. This is an elective course for women only that goes into conditioning and strength at a higher level. The student will participate in a variety of activities, including endurance running, interval training, strength training, circuit training, physical fitness training and flexibility training. They will assess their own level of fitness, improve overall strength, flexibility, and cardiovascular endurance. Emphasis will be on the "why" behind conditioning and lifetime fitness. Topics will include muscle identification, principles of conditioning, strength terms, prevention and treatment of injuries, and nutrition.

TEAM SPORTS 1

TEAM SPORTS 2

0.5 credit, grades 9-12

Prerequisite: Required Physical Education class. This is an elective course geared for the active student. Knowledge of rules, skills and strategy will be emphasized through participation in various team sports. Some activities to be covered will be: floor hockey (winter), basketball, soccer (fall), softball, volleyball and weight training. The importance of physical activities will be emphasized as they contribute to health and a good quality of life.

THEORY AND CONDITIONING OF SWIMMING

0.5 credit, grades 9-12

Prerequisites: Instructor approval, Red Cross Level 5 Certification. Advanced swimmers wishing to pursue a more thorough study of competitive swimming techniques are encouraged to enroll in this program. Interval and tapering strategies will be introduced as well as dry land conditioning drills, race pace strategies, and weight training. May begin before school some days. Students must pass an assessment test. May be repeated for ½ credit at a more advanced level.