

# PHYSICAL EDUCATION/HEALTH

## **HEALTH: - Semester Course**

**Course #: 2302**

**Credit: 1**

**Elective: Grades 9**

**Prerequisite: None**

### **Course Description:**

Health class is designed to help students examine their lifestyles, select goals, and make plans to achieve and maintain optimum health. Various aspects of healthful living are taught by providing students with information and life management skills that promote responsible decision making needed to begin the lifelong process of choosing and enjoying a healthy lifestyle. Content areas covered in class are mental/emotional health, family/social health, growth and development, nutrition, personal health and physical activity, alcohol, tobacco and other drugs, communicable and chronic diseases, injury prevention and personal safety.

### **Skills Needed To Be Successful In The Class:**

Students must be able to express knowledge, thoughts, opinions and ideas verbally and in writing. Students need to be able to work cooperatively in small and large groups. Tests, assignments need to be satisfactorily completed.

### **Specific Outcomes -- The Student Will Be Expected To:**

1. Demonstrate knowledge of factors affecting personal health, e.g., weight control, dietary and nutritional habits, substance abuse (alcohol, tobacco, and drugs), fitness and exercise.
2. Demonstrate a knowledge of individual self-awareness including understanding, accepting and asserting self; developing a positive self-image and setting personal goals.
3. Demonstrate knowledge of problem-solving processes, decision-making skills, conflict management techniques and coping skills in life situations.
4. Demonstrate knowledge of family planning and parenthood and acceptance of responsibility for and consequences of sexual activity.
5. Demonstrate knowledge of the basic skills necessary to maintain/mental emotional, physical and family/social health.

### **Careers Related to Content:**

Health care professionals/providers such as physicians, nurses, physical therapists, dietitians, pharmacists, psychologists, dentists, dental hygienists, EMT, respiratory therapists, medical assistants, surgical technologists, etc.

## PHYSICAL EDUCATION/HEALTH

### **Community Health: – Semester Course**

**Course #: 1403**

**Credit: 1**

**Elective: Grades 10 -12**

**Prerequisite: None**

#### **Course description:**

This course will examine critical life issues facing teenagers in today's society. This project-based offering will look at a variety of different topics and how they relate to living a healthy lifestyle in your community. Topics include consumer & community health, environmental health, family living, addiction, healthy and unhealthy relationships, teenage pregnancy, sexually transmitted diseases, emotional and social health, death and dying, and other issues. Additional topics available are community resources, contemporary world health issues and career options within the health field.

#### **Skills Needed to Be Successful in the Class:**

Students must be able to express their thoughts, knowledge, opinions and ideas verbally and in writing. Students need to be able to work cooperatively in small and large groups. Tests, assignments and class projects need to be satisfactorily completed.

#### **Specific Outcomes—The Student Will Be Expected To:**

Demonstrate a better understanding of individual self-awareness, including understanding, accepting and asserting self; developing a positive self-image and setting personal goals.

Demonstrate better understanding of factors affecting personal health, e.g. dietary and nutritional habits, addiction, weight control.

Demonstrate a better understanding of family planning and parenthood and acceptance of responsibility for consequence of sexual activity.

Demonstrate a better understanding of the skills necessary to maintain personal, physical and mental health.

Demonstrate a better understanding of decision making and coping skills in life situations.

#### **Careers Related to Content:**

Health care professional/ providers such a physicians, nurses, certified nurse's aide, physical therapist, dietitians, pharmacists, psychologist, dentists, dental hygienists, EMT, respiratory therapists, medical assistants, surgical technologists, social worker, psychiatrist, etc.

# PHYSICAL EDUCATION/HEALTH

## PHYSICAL EDUCATION

**Course #: Seniors/Juniors: 2311–232; Sophomores/Freshmen: 2312–2322**

**Credit: 1 per year**

**Required: Grades 9 – 12; (Each Semester);** Healthy Kids Opt Out Note: Students in grades 9-12 participating in a school-sponsored sport may opt out of physical education (or weight training) for one semester a year. Students taking a handbook-defined course overload may also opt out of physical education (or weight training) for up to two semesters annually. Whether for participation in a sport or course overload, students must have a [signed waiver](#) submitted to the HS guidance office.

[Healthy Kids Act-PE Opt Out Rules](#)

**Prerequisite: None**

### **Course Description:**

Physical Education provides students with a variety of information, activities and skills that will lead to fitness, social interaction and total wellness for a healthy lifestyle. Physical Education instruction will include physical fitness activities that increase cardiovascular endurance, muscular strength/endurance and flexibility; sports and games; tumbling and gymnastics; rhythms and dance; water safety; leisure and lifetime activities.

### **Skills Needed To Be Successful In The Class:**

Each student should have good attendance, wear the proper uniform, participate and work to his/her ability in class activities and cooperate with others.

### **Specific Outcomes -- The Student Will:**

1. Develop basic competence in skills, techniques, and strategies of selected physical activities.
2. Assess personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility and body composition.
3. Participate cooperatively and ethically when in competitive physical activities.
4. Actively participate in games, sports, dance, outdoor pursuits, and other physical activities which contribute to the attainment of personal goals and the maintenance of wellness.
5. Feel empowered to maintain and improve physical fitness, motor skills, and knowledge about physical activity.
6. Make a commitment to physical activity as an important part of one's lifestyle.

### **Careers Related to Content:**

Teacher, Coach, Official, Recreation Director, Lifeguard, Physical Therapist, Water Safety Instructor, Fitness Instructor, EMT, Paramedic, First Responder

## **Weight Training**

**Course #: 08009**

**Credit: 1 annually**

**Counts as Physical Education Requirement: Grades 9 – 12**

Healthy Kids Opt Out Note: Students in grades 9-12 participating in a school-sponsored sport may opt out of physical education (or weight training) for one semester a year. Students taking a handbook-defined course overload may also opt out of physical education (or weight training) for up to two semesters annually. Whether for participation in a sport or course overload, students must have a [signed waiver](#) submitted to the HS guidance office. [Healthy Kids Act-PE Opt Out Rules](#)

**Prerequisite: None**

**Course Description:** Students who choose to take Weight Training will participate in the Volt program, as an alternative to the traditional Physical Education class. These programs are year-long, sport-specific training programs designed by certified strength coaches to properly prepare athletes for competition. For students not involved in sports, there is a program within Volt specifically designed to build general strength and athleticism. Weight training is extremely beneficial for a person's mental and physical health. It can reduce an individual's risk of disease, cancer, Type 2 diabetes. Resistance training can strengthen bones and muscles. Regular physical activity can keep thinking, learning, and judgement skills sharp. Lastly, it can reduce risk of depression and assist in better sleep.

### **Skills Needed To Be Successful In The Class:**

Students should exhibit resilience, focus, determination, flexibility, collaboration, reflection, and willingness to learn and grow in order to be successful in this course.

### **Course Essential Questions**

1. What is weight training?
2. What are the benefits of weight training?
3. How should I warm up/cool down?
4. What is good form?
5. What are compound and isolation exercises?

### **Specific Outcomes -- The Student Will:**

1. Measure and assess multiple performances of others or self in the following areas: balance, reaction time, agility, coordination, power, and speed.
2. Identify and apply the principles of biomechanics necessary for successful weight training.
3. Establish a set of personal physical fitness weight training goals.
4. Assess multiple performances of others or self in the following areas: muscular strength, muscular endurance, cardiorespiratory endurance, and flexibility.
5. Explain how the principles of biomechanics, muscle development, gender, age, training experience, training technique, and specificity affect performance related to strength training.
6. Meet increasingly higher levels of speed, strength, power, and endurance.
7. Display safe and responsible behavior while training.
8. Successfully participate in and enjoy weight-training and fitness activities.

**Careers Related to Content:** Teacher, Coach, Official, Recreation Director, Lifeguard, Physical Therapist, Water Safety Instructor, Fitness Instructor, EMT, Paramedic, First Responder