

COURSE TITLE: Physical Education
COURSE LENGTH: Semester – Meets daily
PREREQUISITE: No prerequisite, but is a required class for one semester each year
GRADE LEVEL: 9-12

GENERAL DESCRIPTION: 9-12 grade classes will include many physical, social, emotional and safety concepts. Students will gain knowledge on important health related numbers, components of fitness, creating a workout, and using key fitness equipment. Students will engage in many, different movement related activities to increase body awareness. Students will apply their skills as they physically develop. Students will be encouraged to create life-long fitness ideals and goals. (Wellness wheel pieces – physical, social, financial, and emotional wellness)

MODE OF PRESENTATION: The material of the course is presented through small group activities, specialized speakers, written work, classroom demonstrations, videos, lectures and reading assignments. Progress is checked through tests, daily observation, written work and project evaluations.

GRADING PROCEDURES: Students will be graded based on attendance, classroom/workout involvement, written tests, attitude, written work, and fitness tests.

PHYSICAL EDUCATION GOALS:

Students will:

1. Seek multiple perspectives when making health-related decisions.
2. Engage in activities to maintain appropriate levels of cardiovascular endurance, muscular strength/flexibility and body composition.
3. Demonstrate behaviors that foster health, active lifestyles for individuals and the benefit of society.
4. Engage in appropriate stress-management strategies that enhance health.

COURSE TITLE: Strength & Conditioning
COURSE LENGTH: Semester – Meets daily, may be used to substitute for a semester of PE
PREREQUISITE: Being involved in an extra-curricular sport
GRADE LEVEL: 9-12

GENERAL DESCRIPTION: Sports and fitness is an advance course for athletes. The goal is to build upon the student knowledge of lifting weights and fitness concepts. The students will work to improve strength, foot quickness, flexibility, core, and team concepts. Students will engage in the use of free weights, kettle bells, exercise balls, weighted ropes, ladders, boxes, jump ropes and foam rollers. Nutrition information will also be covered.

MODE OF PRESENTATION: The material of the course is presented through classroom demonstrations, videos, lectures and reading assignments. Progress is checked through written tests, daily observation, and maxing scores.

GRADING PROCEDURES: Students will be graded based on attendance, classroom/workout involvement, written tests, attitude, fitness test completion and improvement shown through max scores.

STUDENT SKILLS, KNOWLEDGE TO BE GAINED:

Students will:

1. Students will be able to name various lifts being done.
2. Students will be able to name major muscle groups.
3. Students will understand the importance of safety rules in the weight room environment and the reasons we sanitize equipment after use.
4. Students will develop an understanding of building their own workout.
5. Students will engage in activities to maintain appropriate levels of cardiovascular endurance, muscular strength/flexibility and body composition.

COURSE TITLE:	Health
COURSE LENGTH:	Semester
PREREQUISITE:	No prerequisite – elective class
GRADE LEVEL:	9-10, required for graduation

GENERAL DESCRIPTION: Students will study in depth the 8 Dimensions of the Wellness Wheel. Health classes will include the study of; the negative effects of high-risk behaviors, (tobacco, drugs, alcohol, reckless driving, etc.), hygiene, reproductive systems, abstinence and contraception, cardiovascular systems, muscular systems, stress management, relationships (family, friend, peers, etc.) and many other areas that are health related. (Wellness wheel components covered: Social, emotional, environmental, physical, financial, & intellectual) (Glencoe Health Text)
(Health I = Wellness Wheel - Mental, Emotional, Social, & Environmental wellness)

MODE OF PRESENTATION: The material of the course is presented through small group activities, written work, specialized speakers, classroom demonstrations, videos, lectures and reading assignments. Progress is checked through tests, daily observation, written work and project evaluations. (Glencoe Health Text)

GRADING PROCEDURES: Students will be graded based on attendance, classroom/workout involvement, written tests, attitude, written work, and project evaluations.

HEALTH EDUCATION GOALS:

Students will:

1. Students will comprehend concepts related to health promotions and disease prevention.
2. Students will demonstrate the ability to access valid health information and health-promoting products and services.
3. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. Students will analyze the influence of culture, media, technology and other factors on health.

5. Students will demonstrate the ability to use interpersonal communications skills to enhance health.
6. Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
7. Students will demonstrate the ability to advocate for personal, family and community health.