

# **Health and Physical Education Department Course Descriptions**

## **General Physical Education**

**Semester (Usually taken twice)**

**Prerequisites: NONE**

**Grades: 9 and 10**

General Physical Education is a class that teaches students a basic understanding of general fitness and basic rules of several common team sports. Students will be required to actively participate and show a general understanding of the concepts covered.

*Special Materials: PE uniform – sold for \$20 from the PE teacher*

## **Health**

**Semester**

**Prerequisites: NONE**

**Grade: 10**

Health is a study of the physical, social, mental, and spiritual wellbeing of an individual. Students will be trained in hands only CPR and some basic first aid. Other topics covered will include health and wellness, nutrition, tobacco, alcohol, drugs (including prescription, illegal and performance enhancing), sex ed, and mental health issues. This semester course is required for graduation.

*Special Materials: NONE*

## **Principles of Athletic Training**

**Semester**

**Prerequisites: Biology and Health**

**Grades: 11 and 12**

This course will focus on how injuries occur and how they can and should be treated when they do. It will also focus on how injuries can be prevented through awareness of symptoms and tendencies.

*Special Materials: NONE*

## **Competitive Sports**

**Semester (can be taken more than once)**

**Prerequisites: Departmental approval**

**Grades: 11 and 12**

This course is designed with the competitive athlete in mind. This course will focus on team sports including basketball, softball, flag football, ultimate Frisbee, etc. **The desire to compete at an intense level is an absolute requirement.**

*Special Materials: PE uniform – sold for \$20 from the PE teacher*

## **Weightlifting**

**Semester (can be taken more than once)**

**Prerequisites: NONE**

**Grades: 11 and 12**

The emphasis of this course is activity related to improving muscular strength, endurance, and power. This course is designed to introduce the student to the principles and basic techniques of strength training. The purpose of the course is to provide the student with an understanding of the importance of strength training in physical fitness, as well as proper technique and safety and the ability to design and implement a personal strength training program.

*Special Materials: PE uniform – sold for \$20 from the PE teacher*

## **Upper Level PE**

**Semester (can be taken more than once)**

**Prerequisites: NONE**

**Grades: 11 and 12**

The upper level physical education program will teach the students to establish lifelong fitness goals. It will include a variety of activities that students will be able to incorporate into a physical fitness routine that can be used throughout their lifetime. Both individual and team activities will be covered.

*Special Materials: PE uniform – sold for \$20 from the PE teacher*

**Things not currently offered:**

Healthy Lifestyles: This course is designed to teach students the benefits of a lifetime physical fitness routine. The activities will be focused on aerobic and anaerobic activities, walking/jogging, weight training, and other exercise activities.

Lifetime Fitness: This course is designed to teach students many leisure and lifetime activities that can be played and enjoyed throughout their lives as a part of their physical fitness routines. This course is focused on individual and low exertion activities such as badminton, pickle ball, bocce ball, shuffleboard, washers, walking, etc.