

HEALTH AND PHYSICAL EDUCATION COURSES

2022-23



HEALTH REQUIRED COURSE FOR 10TH GRADE

- This course is a requirement for graduation.
- Instruction will include social, emotional and mental health, drug/alcohol/tobacco education, human sexuality, wellness, nutrition, and physical fitness.
- Health should be scheduled in grade 10.



ON-LINE HEALTH 10TH GR.

- This course is for students who wish to open up their schedule for additional AP or elective courses.
- The course meets the requirements for 10th grade health as it will follow the same curriculum as the in-person course.
- Offered semester 1, semester 2, and summer.
- **Special Note – Summer courses cover the same amount of material as semester courses. However, it is condensed to 9 weeks instead of 18 weeks. Expect a heavier workload.**



RED CROSS CERTIFIED FIRST AID/CPR

- This course is designed for **Juniors and Seniors** seeking Red Cross certification in Adult/Child/Pediatric First Aid and CPR.
- Students interested in becoming babysitters, volunteer firefighters, lifeguards, or nurses will find this course beneficial.
- Students will receive a certificate of completion at the end of this class. Students desiring official certification must pay the required Red Cross fee. The Red Cross offers a discounted fee for students. At this time the fee is \$5.00, however it is subject to any rate changes made by the Red Cross.

PHYSICAL EDUCATION COURSES OVERVIEW



PE 9/10 or 11/12

This course is designed to have students participate in a variety of team and individual sports. **Students are placed in a class according to grade level.**



Strength & Conditioning

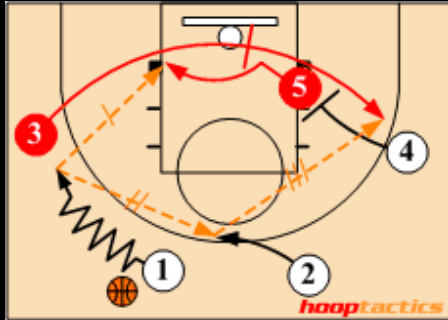
This course is for the highly motivated student who wants to improve their muscular strength, flexibility, and cardiovascular fitness. This course is available **grades 10, 11, and 12.**



Fit for Life

This course is designed for students who have a BMI (Body Mass Index) above the 85% which indicates they may be at risk of being overweight. This course will promote lowering BMI through fitness activities and sensible nutrition. **Grades 9 through 12.**

PHYSICAL EDUCATION COURSES OVERVIEW CONT.



Advanced PE

This course is design for the highly competitive student who enjoys a variety if team sports. Emphasis will be placed on competitive game play and strategies.

Grades 10, 11, 12

Group Fitness

This course is for students who would like to increase their personal fitness level through group workout classes.

Grades 9 through 12

Personal Fitness I

This is an on-line course for students who wish to open up their regular school year schedule to additional AP/Honors or elective courses. The course requires on-line content and workouts to be completed.

Grades 11 and 12 only

PHYSICAL EDUCATION

9-10 OR 11-12

- The physical education program stresses involvement in a variety of team-oriented activities such as soccer, basketball, flag football, volleyball, and field hockey.
- It also includes individual activities such as physical fitness, archery, tennis, and golf.
- Emphasis will be placed on increasing physical fitness, developing skills, knowledge of rules, and developing attitudes of leadership and fair play.

STRENGTH & CONDITIONING

GRADES 10,11,12

- Students in strength and conditioning will use a variety of fitness machines and free weights to improve their cardiovascular fitness and muscular strength.
- Students may also participate in group workouts, fitness circuits, and create a personal fitness program.
- Students in this course do not participate in team and individual sports.





FIT FOR LIFE

GRADES 9 THROUGH 12

- Students in Fit for Life will spend the majority of the semester in the weight room.
- They will work on an individual fitness plan to improve their health through strength training and cardiovascular fitness activities. Students will participate in a variety of instructor lead fitness activities.
- Students in this course do not participate in team and individual sports.
- Students must have their current PE teachers signature to register for this class.

ADVANCED PHYS. ED

GRADES 10,11,12

- This course is for highly competitive students who display good sportsmanship. Students will participate in the same activities as regular PE but at a more advanced and highly competitive level.
- Students will work on game strategies and leadership while maintaining order and safety
- Students must have their current PE teachers signature to register for this class.

GROUP FITNESS

GRADES 9 THROUGH 12

- This course is for students that want to participate in high intensity group exercise classes. Classes include Tabata, interval training, cross fit, etc.
- Students must have their current PE teachers signature to register for this class.



PERSONAL FITNESS I: ON-LINE COURSE

GRADES 11 AND 12

- For students who wish to open up their schedule for additional AP or elective courses.
- Each student will be required to complete on-line course content lessons (2 times per week) and submit fitness workouts (3 times per week) over the duration of the course
- **Participation in sports and related practices cannot be counted towards your fitness log requirements. Students are earning credit to fulfill graduation requirements.** Therefore, in the same way an in-person physical education class cannot be replaced by recreational or PIAA sport participation, the same applies to on-line personal fitness. However, individual training to improve your personal fitness for your sport is not only acceptable but encouraged.

PERSONAL FITNESS CONTINUED

- Personal fitness workout will require submission with the use of a fitness tracker (watch, Fitbit, app, etc.).
- Topics include components of fitness (cardio, strength & flexibility), goal setting, principles of training, nutrition, consumerism, & designing your own program.
- Offered semester 1, semester 2, and summer.
- **Special Note – Summer courses cover the same amount of material as semester courses. However, it is condensed to 9 weeks instead of 18 weeks. Expect a heavier workload.**

PERSONAL FITNESS II: ON-LINE COURSE

GRADE 12 ONLY

- Prerequisite Personal Fitness I On-line
- Academic lessons will expand on knowledge gained in Personal Fitness I
- Same fitness log requirements as PF I
- Offered semester 1, semester 2, and summer.
- **Special Note – Summer courses cover the same amount of material as semester courses. However, it is condensed to 9 weeks instead of 18 weeks. Expect a heavier workload.**