

PHYSICAL EDUCATION/HEALTH EDUCATION

The goal of the physical education and health department is to empower students to make choices that lead to an active and healthy lifestyle. P.E. classes promote physical education development and teamwork through exercise and a variety of sports, while the health program provides knowledge of the body that allows discussion of issues that may concern students now or in the future. Students also study techniques for prevention and care of common disorders as part of a holistic approach to physical, mental, and social health. All freshmen are required to take Principles of Fitness and Wellness. The PA state requirement for physical education is fulfilled by cross-training, personal fitness, and all dance classes for students in grades 10-12. Descriptions for dance classes can be found on pages 14-15.

PRINCIPLES OF FITNESS & WELLNESS - COLLEGE PREP

#7001 Freshman (required) .33 credit Term Course

This course is designed for students to learn the fundamentals of lifetime fitness and wellness through classroom and hands on experience. Each class period is divided into three sessions. Session one is devoted to a warm-up period that includes stretching and flexibility. Session two will address cardiovascular fitness and strength training. Cardiovascular activities will include running, jump rope, biking, and ellipticals. Strength training will be done through the use of both selectorized machines and free weights. Proper lifting technique and program design will be stressed. Session three is devoted to a cool down and discussion period. Discussion topics would include basic exercise science principles, nutrition, weight management, disease prevention, and topics related to lifetime wellness.

CROSS-TRAINING - COLLEGE PREP

#7003 Sophomore, Junior, Senior .33 credit Term course

Prerequisite: Completion of Principles of Fitness & Wellness

The program aims to develop positive attitudes toward fitness and physical activity by providing students with the basics and fundamentals needed to play and enjoy a variety of team sports, individual sports, and activities. Emphasis will also be placed on the basic components of physical fitness and weight training, assessing the students' personal levels of fitness, and methods of incorporating ways to build more physical activity into their daily routine.

PE ELECTIVES

The following courses do not fulfill the PA state requirement for physical education.

ADVANCED PE GAMES - COLLEGE PREP

#7101 Junior, Senior .33 credit Term course

This class is an elective course offering designed to introduce the student to advanced skills, techniques, and strategies of individual and team games. The nature of this course will be competitive games including flag football, volleyball, basketball, badminton, pickleball, and others. Along with practicing and playing various games there will be skill testing to evaluate the development of these advanced skills, techniques, and strategies. This course DOES NOT fulfill the PA state requirement for physical education.

HEALTH

HEALTH I – INTERPERSONAL HEALTH - COLLEGE PREP

#7201 Freshman (required) .33 credit Term course

A major transition is occurring in your life. Once children, you are about to become young adults capable of making all of your own health decisions. This course will provide some of the knowledge base and skills that will allow you to do this. It begins with awareness of Health as physical, mental, and social wellness. Topics to be covered include structure and function of organs such as skin and eyes, personal hygiene, stress management, and issues concerning sexual activity. As a result, students should develop healthful habits and enjoy positive relationships with peers, parents, and teachers.

HEALTH II – BODY SYSTEMS - COLLEGE PREP

#7203

Sophomore (required)

.33 credit

Term course

The focus of Health II is the structure, function, disorders, and care of various body systems. Building on the holistic approach to health established in Health I, its goal is for each student to develop the knowledge base in human anatomy and physiology needed to understand health issues and make positive choices to maintain or improve wellness.

HEALTH III – WELLNESS ISSUES - COLLEGE PREP

#7205

Junior, Senior (required)

.33 credit

Term course

This course promotes the concepts of wellness with information pertinent to physical, emotional, and social growth. Students will learn how to set and achieve goals for healthy living by making responsible decisions. Topics include the skeletal and muscular systems, human sexuality and reproduction, sexually transmitted diseases, and HIV/AIDS.