

## PHYSICAL EDUCATION/HEALTH EDUCATION

The goal of physical education and health education is to empower students to make choices that lead to an active and healthy lifestyle. Phys. Ed. 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. PA state requirement for physical education is fulfilled by cross-training, personal fitness, and all other dance classes. Descriptions for dance classes can be found on pages 07-08.

### CROSS-TRAINING

#700 Freshman, Sophomore, Junior, Senior .33 credit Term course

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.

### PERSONAL FITNESS

#706 Freshman, Sophomore, Junior, Senior .33 credit Term course

The goal of this course is to introduce the student to all components of fitness and allow the student to experience various activities which enhance these components. Each class period is divided into four 20 minute sessions. Session one is devoted to stretching and flexibility. Session two is devoted to cardiovascular fitness, with the prime activities being jump roping, stair stepping, and running. Session three is devoted to muscular endurance, with the primary focus on strength training exercises. Session four is devoted to a cool down and discussion period. The student will notice a visible change in fitness level over the course of the term.

## **PE ELECTIVES**

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

### ADVANCED PE GAMES (elective)

#729 Junior, Senior .33 credit Term course

ATTENTION all athletes! Have you ever wanted a class in which everyone is serious and competitive as you? Then Advanced PE Games is the right choice for you. 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.

### BASIC ATHLETIC TRAINING

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

Journey into the dynamic field of athletic training as students will specialize in identifying and managing common athletic injuries. This course will introduce students to the field of sports medicine and the role of a certified athletic trainer in the allied health professions. It will address topics such as basic first aid, the tissue injury cycle, and care and prevention of common athletic injuries. Special emphasis will be placed on recognition and rehabilitation of injuries involving the ankle, knee, and shoulder joints. The latter part of the course will provide the students with the opportunity to gain valuable hands on experience both in the classroom and shadowing a certified athletic trainer.

**ATHLETIC TRAINING II**

#727 Junior, Senior .33 credit Term course

Prerequisite: Completion of Basic Athletic Training

Build upon the knowledge achieved in Athletic Training I. Athletic Training II deals with topics such as the use of performance enhancing drugs and nutritional supplements, eating disorders and unhealthy practices of weight loss and weight gain, psychology of injury, creating offseason and in season conditioning programs to enhance athletic performance and prevent injury, and the use of rehabilitation modalities to treat athletic injuries.

**HEALTH****HEALTH I – INTERPERSONAL HEALTH**

#720 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**

#723 Sophomore (required) .33 credit Term course

The human body is an incredible and complex machine. There are over 100 billion neurons in the body relaying messages at speeds up to 270 MPH. The brain is the ultimate super computer controlling all of our body systems. The focus of Health II is the structure, function, disorders, and care of these 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**

#724 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, birth control methods, and HIV/AIDS.