

HEALTH AND PHYSICAL EDUCATION

1011 Health

1 Semester

Grades 9, 10, 11, 12

½ credit

This class encompasses the physical, mental, emotional, and social aspects of health and fitness and their practical application in adult life. This class studies family living, human growth and development, tobacco, alcohol and other psychoactive drugs, CPR, first-aid, AIDS, sexually transmitted infections, and nutrition. Class structure includes guest speakers in specialized areas. This course is required for graduation.

One-half credit of Physical Education is required.

1017 Physical Education I

1 Semester

Grades 9,10, 11, 12

¼ credit

The first semester of this course will encourage students to maintain a fitness routine throughout their lives. Activities include; weight training, cardio respiratory endurance exercises, kickboxing, yoga, line dancing, various sports and fitness games and stretching. The weekly plan will consist of running and stretching at the beginning of every class 1 day of running, 2 days of weight training and 2 days of sports and games. A pre and post physical fitness test will be given at the beginning and end of each semester, and a final exam project will be completed. There will also be various written assignments throughout the semester.

Fee: \$10

1021 Physical Education II

1 Semester

Grades 9, 10, 11, 12

¼ credit

The second semester will emphasize basic skills for team and individual sports and also for recreational activities such as; football, softball/whiffle ball, volleyball, basketball, line soccer/speedball, badminton, ultimate Frisbee, corn hole and pickle ball. **Stretching and cardiovascular fitness is also emphasized each day for general health.** Written tests and assessments will be given to ensure comprehension of rules and comply with state standards. Students will also be evaluated on their sportsmanship and character. A pre and post physical fitness test will be given at the beginning and the end of each semester.

Fee: \$10

Physical Education Waiver

A student may waive his/her physical education course requirement by participating in: band, cheerleading, dance team, and or sports for two full seasons. The law does not allow a student to take one physical education class and participate in one sport to fulfill his/her physical education requirements. A student must choose to fulfill this requirement by either taking two physical education courses or participating in two full seasons of one or more of the school sponsored activities listed above. Students must still meet the 22 credits for graduation.