

PE/HEALTH DEPARTMENT

No.	Name	Credit	Grade	Length	Pre-Requisite	Instructor Approval	College Credit Available	Fee
2301 S1/S2	P.E. 1	0.5	9-11	Semester	No	No	No	No
2399 S1/S2	P.E. 2	0.5	9-11	Semester	Yes	No	No	No
2313Y	Fit for Life	0.5	9-12	Semester	Yes	No	No	No
2322Y	Weight Training and Conditioning	0.5	9-12	Semester	Yes	Yes	No	No
2314Y	Body and "Sole"	0.5	9-12	Semester	Yes	No	No	No
2399 S1/S2	Basketball	0.5	9-12	Semester	Yes	No	No	No
1401 S1/S2	Health 1	0.5	10	Semester	No	No	No	No
1499 S1/S2	Health 2	0.5	11	Semester	Yes	No	No	No
1501Y	Examining Health Careers	1.0	11-12	Year	Yes	No	No	No
1713Y	Anatomy & Physiology	1.0	11-12	Year	Yes	No	No	Yes

PHYSICAL EDUCATION 1

Prerequisite: None
Entry Level: 9-11

Students will participate in a variety of individual and team activities that promote an understanding of the state standards: Expressive and Efficient Moving, Fitness for Lifetime, and Self Management and Social Behavior. They will analyze their current fitness status, learn strategies to improve areas of weakness, and assess goals through fitness testing. This class is a prerequisite to elective courses in Physical Education.

PHYSICAL EDUCATION 2

Prerequisite: P.E. 1
Entry Level: 9-11

This course is designed for the student who enjoys the variety of individual and team activities offered by a standard P.E. course. Emphasis will be placed on fitness concepts: analyzing entry fitness, setting goals, and accessing outcome through fitness testing.

FITNESS FOR LIFE

Prerequisite: P.E. 1

Entry Level: 9-12

Advanced physical education for the student not wishing to specialize in any one activity. A combination of individual and team lifetime sports will be offered. This course will provide the student with a high level of aggressive physical activity.

WEIGHT TRAINING AND CONDITIONING

Prerequisite: P.E. 1 and Instructor Approval prior to course registration

Entry Level: 9-12

Students will learn the proper use of weight lifting and conditioning strategies as a means of increasing muscular strength, muscular endurance, speed, agility, power, flexibility and balance. Pre-tests and post-tests will serve as a means of charting each student's performance.

Students will have the choice of two programs:

- The Strength Training Program- Designed to improve athletic performance.
- The Personal Designed Program- Designed to improve overall health and fitness.

BODY AND "SOLE"

Prerequisite: P.E. 1

Entry Level: 9-12

This is a total body fitness course incorporating aerobics, step aerobics, yoga, pilates and cardio conditioning. All activities are set to music and designed to tone, firm, stretch and strengthen each muscle group. Nutrition and lifestyle habits and how they relate to fitness are also highlighted.

BASKETBALL

Prerequisite: P.E. 1

Entry Level: 9-12

This course will include skill-related drills, games, and tournaments. Training exercises will be in tune with the strengths needed to play basketball. This class is open to anyone who enjoys basketball and who wants to develop their playing ability.

HEALTH 1

Prerequisite: None

Entry Level: 10

Intended to educate and empower students to make responsible choices regarding their health. Students increase their understanding of positive health habits and behaviors that contribute to personal wellness and health interpersonal relationships. Classrooms will discuss nutrition and fitness, public health issues, abuse, mental disorders, HIV/AIDS, stress management, and prevention of alcohol, tobacco, and drug dependency.

HEALTH 2

Prerequisite: Health 1

Entry Level: 11

A continuation of wellness and critical thinking. An emphasis on healthy lifetime behaviors and contemporary health issues will relate to their lives as they plan for a future career and family.

EXAMINING HEALTH CAREERS

Prerequisite: Health 1, C or better

Entry level: 11

Designed for students interested in health care occupations with basic entry level knowledge and skills. The program covers basic anatomy, health care delivery systems, legal and ethical issues, medical vocabulary, professional standards, and safety. According to US government statistics, health care is the second largest industry in the United States. This industry employs over seven million workers in over two hundred different health careers.

ANATOMY AND PHYSIOLOGY

Prerequisite: A/B grade in Biology,
Health 1

Entry Level: 11, 12

Anatomy and Physiology is for students who are interested in the Human body and or a goal of pursuing a medical profession. Accurate information about the structure and function of the human body will be learned and applied in both classroom and lab settings. This course is challenging and demands strong work ethic and study skills.