

# PHYSICAL EDUCATION AND HEALTH

**PHYSICAL EDUCATION CREDITS REQUIRED FOR GRADUATION: 2**  
**HEALTH CREDITS REQUIRED FOR GRADUATION: .5**

**CONTENT MISSION STATEMENT:** The students will demonstrate a working knowledge of the skills necessary to perform a variety of movements, to be physically fit, and to participate regularly in physical activity. The students will understand the benefit and value of a healthy lifestyle.

COURSE TITLES	CREDIT	GRADE LEVEL				PREREQUISITE
		9	10	11	12	
Physical Education 9 - 12	.5	x	x	x	x	
Lifeguarding	.5	x	x	x	x	
Personal Wellness	.5			x	x	
Super Fitness	.5	x	x			
Swim for Fitness	.5	x	x	x	x	
Health	.5	x	x	x	x	

## Content Standards

The students will:

1. demonstrate competency in many movement forms and proficiency in a few movement forms.
2. apply movement concepts and principles to the learning and development of motor skills.
3. exhibit a physically active lifestyle.
4. achieve and maintain a health-enhancing level of physical fitness.
5. demonstrate responsible personal and social behavior in physical activity settings.
6. demonstrate understanding and respect for differences among people in physical activity settings.
7. understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

Team Sports	Aquatics	Lifetime Sports	General Fitness Activities
Basketball	Stroke Technique	Archery	Core Workouts
Flag Football	Swim for Fitness	Badminton	Jump Rope
Floor Hockey	Water Fitness	Disc Golf	Just Dance
Soccer	Water Games	Personal Wellness	Latin Dance
Softball	Lifeguarding	Pickleball	Pilates
Ultimate Games	<b>Individual Sport</b>	Recreational Games	Power Walking
Volleyball	New Games	Table Tennis	Taebo
	Super Fitness	Tennis	Yoga
	Track & Field		<b>Health Related</b>
	Weight Training		Freshman Health
			First Aid/CPR
			Health & Sports Medicine

## PHYSICAL EDUCATION AND HEALTH

### PHYSICAL EDUCATION

230111

GRADES: 9-12

.5 CREDIT PER TERM

Students are required to take one core unit of Physical Education per year. The course will meet daily for one term. Students will be involved in individual and lifetime sports, team sports, and fitness activities where they will be working toward setting up and implementing their own fitness program.

#### Benchmarks

The students will:

- display competence in aquatics, individual dual-team activities, and team sports.
- use offensive and defensive strategies in a modified version of a team and individual sport.
- detect, analyze, and correct errors in individual sports and activities.
- participate regularly toward the attainment and maintenance of personal physical activity goals.
- participate in physical activities that contribute to the attainment of personal wellness goals.
- identify appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility, and body composition necessary for a healthful lifestyle.
- set personal goals for activity and work toward achievement of those goals.
- apply appropriate etiquette in all physical activity settings.
- create a safe environment for their own skill practice.
- identify the effects of age, gender, and culture upon physical activity.
- enjoy regular participation in physical activity.
- recognize that physical activity can provide opportunities for positive social interaction.

### HEALTH

230211

GRADES: 9-12

.5 CREDIT/1 TERM

\*PREREQUISITE: NONE

This class presents students with information that will aid them in making wise decisions concerning their health and wellness. Instructional units include mental and emotional health, nutrition, substance abuse and non-use, abstinence and sexuality, disease prevention, sexual harassment, introduction to cardio respiratory resuscitation (CPR) and other miscellaneous health related topics. Class activities such as reading, lectures, discussions, small group activities, guest speakers, and audio visual materials will be utilized to empower students to make positive decisions about their health and wellness.

#### Benchmarks

The students will:

- identify credible health information in conjunction with decision making skills to foster positive health choices.
- recognize mental illness and develop skills to maintain positive mental health
- identify, maintain, and develop self confidence/self-esteem
- understand the role of nutrients and the importance of a healthy diet and exercise
- examine the influence of society as it affects health related issues
- understand the risks of sexual contact (physical and psychological) and the benefits of abstaining from sexual contact
- identify behaviors that demonstrate respect for developing personal sexuality
- identify signs, symptoms, and treatments of sexually transmitted diseases and understand their psychological impact
- identify signs, symptoms and treatment of disease and disorders and understand psychological impact
- understand the risks of illegal drugs, tobacco, and alcohol
- identify and understand function of male and female reproductive system
- understand affects of illegal drugs on the body
- understand basic cardiopulmonary resuscitation techniques and their life-saving potential.

**(These elective courses will NOT satisfy the P.E. requirement)**

**LIFEGUARDING**

**232311**

**GRADES: 9-12**

**.5 CREDIT/1 TERM**

**\*PREREQUISITE: SWIM TEST REQUIRED**  
**FEE: \$36.00 for certification**

**\* Student responsible for purchasing a pocket mask for CPR and rescue breathing**

Students must complete a physical pre-test consisting of a 300 yard swim and retrieval of a ten pound brick in ten feet of water to meet requirements for taking this course. The student must be 15 years old by the end of fourth term. Passing both physical and written tests will enable a student to become an American Red Cross certified lifeguard.

**Benchmarks**

The students will:

- learn to identify emergency situations and perform appropriate rescues.
- utilize correct surveillance techniques to reduce the risk of drowning or injury.
- understand and comprehend CPR and its function in a lifesaving situation.
- enter the water using appropriate means according to the emergency situation.
- successfully care for a person with a spinal injury in both shallow and deep water.
- comprehend and demonstrate the professional role of a lifeguard.
- promote health and safety by being in shape and attentive.
- learn to verbalize pool rules and regulations.
- bandage, tape, wrap, splint, and care for first aid injuries.

**PERSONAL WELLNESS**

**234141**

**GRADES: 11-12**

**T.5 CREDIT/1 TERM**

**\*PREREQUISITE:** Successful completion of regular Physical Education classes

We will use a combination of classroom instruction and physical activity to help students design their own personal fitness program. Topics to be covered include: nutrition and personal fitness, maintaining a healthy body weight, body fat testing, injury prevention, research based benefits of exercise, relaxation techniques and personal fitness throughout life. Students will learn the practical skills necessary to become responsible for their own fitness and well-being throughout life.

**Benchmarks**

The students will:

- develop strategies to design their own personal fitness program.
- use the high school resources to implement their own fitness plan.
- understand the importance of exercise and how to stay with it for a lifetime
- understand various types of weight training workouts and what works best for their needs.

**SUPER FITNESS**

**234101**

**GRADE: 9-10**

**.5 CREDIT/1 TERM**

**\*PREREQUISITE:** Successful completion of regular Physical Education classes

The students will be put through a tough cardiovascular and/or muscular endurance workout on a daily basis. This course is for the highly motivated individual that likes to exercise and challenge themselves during a workout. This is an advanced physical education class for freshmen and sophomore students.

**Benchmarks**

The students will:

- display good sportsmanship and show respect for their classmates, equipment, and facilities used during class.
- be introduced to several different types of workouts to improve their agility, foot speed, coordination, core strength and stability and level of cardiovascular fitness.
- examine topics such as body fat analysis, the FITT principle, nutrition for the athlete, effects of exercise on the body, effects of supplements on the body, benefits of exercise, and weight loss/weight gain.
- set personal goals for themselves throughout the quarter and work hard to achieve them.

**SWIM FOR FITNESS****232321****GRADE: 9-12****\*PREREQUISITE:** Successful completion of regular Physical Education classes**.5 CREDIT/1 TERM**

This class enables students to sharpen their swimming skills while reinforcing a healthy lifestyle. The students will incorporate aerobic swimming and build upon that training throughout the quarter by performing timed swim each week. The final performance based guide will be a 45 minute timed swim.

**Benchmarks**

The students will:

- increase their fitness level.
- become a more proficient swimmer.
- develop a fitness plan that incorporates swimming as well as weight training, diet, nutrition, and body composition.
- increase their self-esteem due to a higher fitness level and their increased knowledge and training principles related to swimming.
- develop a love for swimming and a healthy lifestyle

**SPORTS MEDICINE****235111****GRADES: 10-12****\*PREREQUISITE: NONE****.5 CREDIT/1 TERM**

This course is an introductory course into the world of Sports Medicine. It is an excellent course for anyone interested in any medical field or anyone interested in knowing more about athletic fitness and injury prevention. The primary focus of study will revolve around the recognition, prevention, and very basic treatment and rehabilitation of injuries that occur during physical activity or athletics. As students develop knowledge in physiology and anatomy of the muscular, ligamentous, skeletal systems and other basic systems of the body, they will be introduced to common injuries and general illnesses that can occur in active individuals. Sports related injuries will be discussed as well as the importance of understanding the mechanism for prevention, treatment and rehabilitation. Students will be exposed to basic principles of modalities and rehabilitation of injuries. In addition, prophylactic taping and bracing through hands on practice may take place throughout the course.

**Benchmarks:**

The students will:

- identify the muscles, bones, and ligaments of moveable joints in the human body
- understand the basic principles of active/athletic injury evaluation
- understand basic mechanism and causes of active/athletic injuries
- identify common injuries, conditions, and general illnesses in active/athletic individuals
- understand basic first aid treatment for active/athletic injuries and conditions
- understand basic principles associated with rehabilitation of active/athletic injuries
- understand basic medical terminology and concepts that are a base for understanding injury
- understand the basic concepts of prevention and prophylactic measures to active/athletic injury
- identify situations and environmental factors where common injuries and conditions are likely to occur