

## PHYSICAL EDUCATION / HEALTH DEPARTMENT

One and a half credits are required for graduation – 1 physical education credit and ½ comprehensive health credit must be included in the 1-1/2 credits

Physical Education courses offer students a variety of experiences ranging from beginning to advanced levels of skill development. Courses are scheduled to allow students many opportunities to select a physical activity program.

### **GENERAL PHYSICAL EDUCATION I and II (Grade 9)**

**7720/7721**

**.5 credit/.5 credit**

This course includes opportunities for a varied selection of individual, dual, team and personal development activities. Students are guided in identifying and improving their individual physical fitness levels. This course is recommended for students for whom basic skills and experiences are appropriate. It is recommended that 9<sup>th</sup> grade students be enrolled in General Physical Education 1 as an introduction to the high school physical education curriculum. General Physical Education 2 is recommended as the second course for ninth graders. Students focus on continuous skill development.

### **CONCENTRATED PHYSICAL EDUCATION (Grades 10-12)**

**772210/772220**

**.5 credit/.5 credit**

This course includes instruction in two or three activity units during a semester (six or nine weeks for each activity). Students may select from one interest area or from two or more interest areas. Emphasis is placed on intermediate and advanced skill techniques in selected sports and activities. Concentrated physical education may be taught as an intermediate course, an advanced course, or a combination of the two.

### **SPECIALTY PHYSICAL EDUCATION (Grades 10-12)**

This course includes instruction in one or two selected activities during a semester. Skill work progresses from beginning through intermediate to advanced skill levels, but the emphasis is on intermediate and advanced levels. Sports offered:

Specialty Basketball	772310/772320	.5 credit/.5 credit
Specialty Net Games	772313/772323	.5 credit/.5 credit
Specialty Soccer (outdoor/indoor)	772314/772324	.5 credit/.5 credit
Specialty Floor Hockey	772311/772321	.5 credit/.5 credit
Specialty Weight Training	772312/772322	.5 credit/.5 credit

### **COMPREHENSIVE HEALTH EDUCATION (Grade 10)**

**783501/783502 – ONE SEMESTER ONLY**

**.5 credit**

*This course is needed for graduation.*

Students address issues in seven topics that include mental health, tobacco, alcohol, and other drugs; personal and consumer health; nutrition and fitness; safety and injury prevention; family life and human sexuality; and disease prevention and control. Although this course is required for graduation, it contains two units, family life and human sexuality and AIDS prevention education that require parental permission for students under age 18 years who participate in these units.

### **COMPREHENSIVE HEALTH EDUCATION-HONORS**

**7841**

This semester course meets the state one-half credit Health Education graduation requirement. Students will address issues in seven topics that include: mental health; tobacco, alcohol, and other drugs; personal and consumer health; nutrition and fitness; safety, first aid and injury prevention; family life and human sexuality; and disease prevention and control.

At an honors level, students will be required to pursue the same academic criteria as the regular Comprehensive Health, but at a more rigorous level. Students will be expected to complete individual projects that may require utilizing outside community resource agencies, working with others on group assignments, as well as completing individual projects requiring the ability to use computers to access relevant health information on given assignments.

Although this course is required for graduation, it contains two units, family life and human sexuality and AIDS prevention that require parental permission for students under age 18.

**NEW**