

PHYSICAL EDUCATION

COURSES OFFERED

Grade	No.	Course Title	Credit
10-12	921	Health	0.50
9-12	930	Physical Education I	0.25
9-12	931	Physical Education II	0.25
11-12	932	Physical Education Elective	0.25
10-12	934	Personal Physical Fitness	0.50

NOTE: All students must earn 0.50 credit in physical education by successfully completing physical education 930 and 931.

HEALTH EDUCATION - 921

Prerequisite: None
 Required: Grade: 10-12
 Graded: Conventionally Credit: 0.50
 Time Frame: Semester

Health Education stresses the individual's physical, mental, emotional, and social development. The intent of the Health course is to help young people make independent, informed decisions concerning their well-being. Course topics include First Aid and CPR; diseases and disorders; mental health; stress; nutrition; the structure of specific body systems; human sexuality; and substance abuse.

PHYSICAL EDUCATION I - 930

Required: Grade: 9-12
 Graded: Conventionally Credit: 0.25
 Time Frame: Semester

Physical Education classes meet daily for an entire semester. Physical Education stresses the importance of fitness and lifetime activity through selected sports and other activities.

PHYSICAL EDUCATION II - 931

Required: Grade: 9-12
 Graded: Conventionally Credit: 0.25
 Time Frame: Semester

Physical Education classes meet daily for an entire semester. Physical Education stresses the importance of fitness and lifetime activity through selected sports and other activities.

PHYSICAL EDUCATION ELECTIVE - 932

Prerequisite: Physical Education I & II and Permission of Department Chair
 Elective Repeatable Grade: 11-12
 Graded: Conventionally Credit: 0.25
 Time Frame: Semester

This elective course is for students who desire to take physical education for elective credit. Students who have not earned the required credit for physical education will have priority in class enrollment.

PERSONAL PHYSICAL FITNESS - 934

Prerequisite: Successful Completion of PE 930 and 931
 Elective Repeatable Grade: 10-12
 Graded: Conventionally Credit: 0.5
 Time Frame: Semester

This course is an extension of the traditional introductory fitness instruction that students receive in 930 and 931. The emphasis for this course will include personal fitness goal setting, performance ethics in sport and leisure fitness, measurement and evaluation of fitness gains through a resistance training and cardio-vascular regimen.