

## HEALTH / PHYSICAL EDUCATION

### COURSES OFFERED

#### Grade 9

Health Education # 8409

#### Grades 9, 10

Physical Education FY/PT # 7401

Advanced Physical Education FY/FT # 7409

Nutrition, Fitness and You! # 7309

Adaptive Physical Education # 7209

#### Grades 11, 12

Adaptive Physical Education # 7209

Physical Education FY/PT # 7401

Physical Education Semester/FT # 7501

Focus on Fitness # 7601

Lifetime Activities Semester/FT # 7502

#### **A physically educated person:**

- ✓ Demonstrates competency in many movement forms and proficiency in a few movement forms.
- ✓ Applies movement concepts and principles to the learning and development of motor skills.
- ✓ Achieves and maintains a health-enhancing level of physical fitness.
- ✓ Exhibits a physically active lifestyle.
- ✓ Demonstrates responsible personal and social behavior in physical activity settings.
- ✓ Demonstrates understanding and respect for differences among people in physical activity settings.
- ✓ Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

*(National Association of Sport and Physical Education, 1995)*

**HEALTH EDUCATION** No. 8409  
**Semester/Full Time/Required**  
**Grade 9** Credit .5

This course is designed to provide students with an opportunity to learn about the physical, mental/emotional, and social aspects of health. An emphasis is placed on the importance of making healthy decisions that will lead to a higher quality of life. Course information is presented in a practical manner incorporating current health trends and concerns. Content areas will include: Personality, Stress, Mental Disorders, Relationships (bullying prevention), Nutrition, Weight Management, Personal Fitness, Non-infectious Disease, Human Growth and Development, A.I.D.S. and other STD'S, Alcohol, Tobacco, and Other Drugs, and Personal Safety.

**PHYSICAL EDUCATION** No. 7401  
**Full Year/Part Time**  
**Grades 9, 10** Credit .5

The ultimate goal of Physical Education is to facilitate students in improving their quality of life through promotion of life long health enhancing physical activity. In today's society, "physical activity is not only a leisure time luxury - it is an essential component of a healthy lifestyle for individuals of all ages" (Young 2003). At NAI students will learn why regular planned physical activity is important, how to develop a personal plan for being physically active, concepts necessary for successful participation in regular physical activity - a winning proposition for everyone. The course will emphasize each student, determining their current level of personal physical fitness in relation to health standards, recognizing the reasons for their current fitness level, recognizing that they have the power to change their fitness level, setting short and long term fitness goals, and working throughout the course to reach their personal fitness goals.

The curriculum focus is on lifetime fitness and physical activity. Students are encouraged to work together in promoting course and individual goals. Units presented in the physical education curriculum include:

Fitness Assessment:

1. Pre-testing and post-testing

Outdoor Units:

2. Mountain biking
3. Team field sports
4. Cross Country Running/Heart Rate Training
5. Adventure Fitness

Indoor Units:

6. Racquet Sports; Pickleball
7. Strength Training
8. Team Court Sports/Self-Defense
9. Cross Training Workouts

**ADVANCED PHYSICAL EDUCATION** No. 7409  
**Full Year/Full Time**  
**Grades 9, 10** Credit 1.0

**This physical education class is for those students who want to make a serious commitment to their physical well-being.** Advanced Physical Education may be scheduled in place of Course 7509 for the 9th and 10th grades only. The class emphasizes cardio respiratory efficiency, muscular strength and muscular endurance. It is designed to enhance flexibility, help students understand body composition; develop positive attitudes and responsible habits.

The course will cover the regular physical education curriculum which will include additional time allotted to workouts focused on improving individual fitness levels.

**NUTRITION, FITNESS AND YOU!** No. 7309  
**Full Year/Part Time**  
**Grades 9, 10** Credit .5  
**Physical Education/Required**

*Must be combined with #7309 in Family & Consumer Sciences, Grades 9, 10.*

*Note: This course may be selected in place of Physical Education course #7509. \*\**

This course addresses the five health related components of fitness: body composition, muscular strength, muscular endurance, cardiovascular endurance and flexibility. Students set goals based on individual needs. Students are assisted in developing their own fitness program using the FITT principle, principle of specificity, progressive overload principle and the American College of Sports Medicine guidelines. The students use heart rate monitors to make certain appropriate work load levels are attained. This course takes into consideration a variety of contraindication (asthma, obesity, orthopedic, etc.) to exercise. Students choose a variety of activities to ensure personal success. The program is designed to help students set realistic and achievable goals. The course addresses the importance of proper nutrition and regular exercise enabling the student to make informed, healthy choices. Self-assessment is done throughout the year to evaluate student's basic knowledge of nutrition and personal level of fitness. Teacher/student assessment will emphasize the student's improvement on an individual basis.

*\*\*Students will be assigned to Physical Education and F&CS during the same period on alternating days.*

**ADAPTIVE PHYSICAL EDUCATION** No. 7209  
**Full Year/Part Time**  
**Grades 9, 10, 11, 12** Credit .5

Adaptive Physical Education is similar to regular physical education classes except that class size is smaller to permit concentrated development in coordination, strength, flexibility and improved physical fitness. Skills for individual and team sports will be adjusted to individual needs.

**Criteria for Selection** - Recommendation of teacher.

**PHYSICAL EDUCATION** No. 7401  
**Full Year/Part Time**  
**Grades 11, 12** Credit .5

Physical Education at the Senior High is based on the philosophy that all students are life long learners. Activities will enable students to develop skills necessary to maintain a healthy, active adult life-style. Students will have the opportunity to participate in eight different activities during a two year cycle. Every activity will emphasize the Fitness and Skill Level necessary for safe and enjoyable participation. Activities include:

1. Fitness I - Muscular strength and Endurance, Flexibility, and Stress Management
2. Tennis
3. Basic swimming skills, personal water safety skills and boating safety
4. Rock climbing
5. Fitness II - Cardiovascular Fitness and Conditioning
6. Golf
7. Swimming for Fitness and emergency water safety skills
8. Badminton

Students will have the opportunity to utilize a variety of assessment tools, designed to promote successful participation. Assessments could be used to help determine:

- Present level of fitness
- Personal fitness plan
- Unit skills
- Level of participation
- Use of Exercise Journal
- Present skill level
- Drills for skill improvement
- Skill mastery
- Cognitive understanding

Students will participate, understand and appreciate the benefits of an active life-style. A healthy active life-style will improve the quality of life and lower the risk for disease associated with a sedentary life-style. Students will also understand the best and safest practices recommended for participation in recreational and fitness activities.

**PHYSICAL EDUCATION** No. 7501  
**Semester/Full Time**  
**Grades 11, 12** Credit .5

Students taking physical education full time will have the same requirements as part-time students (#7401) but will complete these units during one semester.

**Criteria for Selection** - Students scheduled for A.W. Beattie Career Center, Early Graduation, Guidance Counselor recommendation.

**FOCUS ON FITNESS** No. 7601  
**Full Year/Part Time**  
**Grades 11, 12** Credit .5

The course will focus on fitness, placing a higher emphasis on personal fitness than the traditional high school physical education curriculum. The students can expect to be challenged on varying aspects of fitness using the specific activities of each unit to enrich the targeted fitness areas. Students will be exposed to a plethora of methods to advance their personal fitness, developing flexibility, muscular fitness, and cardio-respiratory endurance using advanced training methods. They will also have an opportunity to apply sport and recreation activities for the attainment of the fitness objectives. The amount of skill taught and practiced in a given unit will be greatly reduced in comparison to the normal curriculum, to focus on the fitness objectives of the course. The unit activities will be incorporated to meet the fitness objectives. Students seriously committed to advancing their personal fitness levels will appreciate this course.

**This course will satisfy the requirements of physical education in 11th and 12th grades.**

**LIFETIME ACTIVITIES** No. 7502  
**Semester/Full Time**  
**Grades 11, 12** Credit .5

Lifetime Activities (LTA) will introduce students to a variety of recreational activities. Emphasis will be on skills needed for safe, successful participation. Students will also examine the role fitness plays in recreation as well as environmental issues surrounding recreation. Problem solving, leadership, and cooperative learning skills will be emphasized throughout the curriculum. Equipment selection, proper use, care and maintenance will also be included in each topic area through a hands-on approach during class 'labs'.

In addition, students will be required to participate in an outdoor, overnight experience or participate in various LTA sponsored activities for a total of 24 hours.

**TOPICS:**

- environmental issues
- climbing/caving
- cycling
- water sports and small crafts
- cross country skiing
- outdoor skills
- hiking/backpacking
- orienteering

**Elective** - This class may be selected in addition to 7401, 7501 or 7209. *Students must have passed 7401, 7501 or 7209.*