

# Physical Education & Health Department

**Physical Education Graduation Requirement: 3 Years / 7.5 Credits\***  
**Health Education Graduation Requirement: 2 Semesters / 2.5 Credits**

Course Title	Course Number	Grade Level	Semester	# of Periods	Credits
Fitness Concepts I	9112	9	1 or 2	2	1.25
Health Education I	9012	9	1 or 2	2	1.25
Health Education II	9032	10	1 or 2	2	1.25
Fitness Concepts II	9131	10	1 or 2	2	1.25
Peer Leadership	9043	11-12	All	2	2.5
Lifetime Activities	9211	10-12	All	2	2.5
Sports Activities	9221	10-12	All	2	2.5
Cross Training	9251	10-12	All	2	2.5
Healthy Behaviors	9241	10-12	All	2	2.5
Dance: From Tango to Hip-Hop	9272	10-12	All	2	2.5

\*Two years of Health and Fitness, and two years of Physical Education

**Note:**

- **Senior athletes, who are participating in at least two athletic seasons in senior year and have taken three years of physical education, may apply for a waiver of the senior physical education requirement. To be eligible for the waiver students must meet the following criteria:**
  - Successful completion of the waiver application (see the Physical Education Program Director for materials)
  - Regular participation in athletics ninth through eleventh grades
  - Completion of a junior year elective other than "Sports Activities"
  - Completion of the health education requirement

**FITNESS CONCEPTS I**  
**Course # 9112**

**Unleveled**

This course is an introduction to the principles of exercise and activities needed to lead a healthy lifestyle. Principles include muscular strength and endurance, flexibility and cardiovascular endurance. Students will complete a pre-test and post-test of the "Fitnessgram", as well as a final personal cross training program.

**HEALTH I****Unleveled****Course # 9012**

This course will establish a foundation of skill-based health. Factual information on nutrition, mental health, stress and stress management techniques in addition to topics on communication, refusal, assertiveness/self-advocacy, decision making goal setting and internet safety and responsibility.

**HEALTH II****Unleveled****Course # 9032**

During this course, students will apply and build on the skills and concepts learned in Health I. The students will utilize communication, decision-making, goal setting and self-advocacy skills. The content through which the skills will be used include: healthy vs. unhealthy relationships, alcohol, drugs, distracted driving, growth and development, pregnancy, sexually transmitted infections, and contraception.

**FITNESS CONCEPTS II****Unleveled****Course # 9131**

This course will continue to reinforce the elements of fitness while introducing skill related components of fitness. These activities include: cardio respiratory fitness, speed, agility, reaction time, coordination, and balance. Students will continue to maintain active and healthy lifestyles. Students will also learn safety training for emergencies and introductory Adult CPR (opportunities will be available for certification).

**PEER LEADERSHIP****College Prep****Course # 9043**

**Prerequisites: Completion of Health I and Health II as well as teacher approval;**

This minor elective is designed to achieve two objectives: first, to acquaint students with information about current social issues. Second, to give students hands-on experience with multiple methods of relating to and presenting information to large and small audiences of various ages. This course may require some after school time.

**SPORTS ACTIVITIES****Unleveled****Course #****9221**

Students will apply knowledge of rules, team roles, officiating techniques, games history and strategy to Team Sports. Traditional team sports include: basketball, football, soccer, volleyball, ultimate Frisbee. The objectives are to enhance physical fitness, team cooperation, ethical competitive values and a lasting interest in lifetime physical activities.

**LIFETIME ACTIVITIES****Unleveled****Course # 9211**

Students will apply knowledge of rules, team and individual roles, officiating techniques, games history and strategy to lifelong physical activities. Unit include: climbing/challenge course, archery, disc golf, golf, badminton, tennis, pickleball and tchoukball.

**CROSS TRAINING****Unleveled****Course #****9251**

A 21st Century approach to fitness and performance training. The program includes development in speed, agility, strength, power, flexibility and balance. Utilization of current Strength and Conditioning principles will be stressed. Students will participate in a variety of recreational, individual/dual and team activities.

**HEALTHY BEHAVIORS****Unleveled****Course #9241**

This course will offer a unique approach to adopting and maintaining a healthy lifestyle. Students will engage in a variety of activities designed to increase awareness of stress management, character education, nutrition planning, and current fitness trends. This is an active class where students will be required to change for the majority of class meetings.

**DANCE: FROM TANGO**

**TO HIP-HOP  
9272**

**Unleveled**

**Course #**

Students will learn dances from a variety of World Cultures. In addition, American popular dances such as the Charleston and Swing to Break Dance and Hip-Hop will be covered. Students will study how dances from around the world have shaped and influenced current dance trends. Students will perform at the end of the school year.