

PHYSICAL EDUCATION AND HEALTH DEPARTMENT

Adaptive Physical Education I, II 0500

PHH200, PHH201

- Grades 9-12
- 1 credit each semester

Adaptive Physical Education provides an alternative to the secondary physical education classes for students with medical exemptions and/or spiritual objections. The course will provide a variety of developmental activities, games, sports, and rhythms appropriate for the interests, capabilities, and limitations of students. Students will be graded on attainment of individual goals and will be screened for eligibility in the course on an individual basis by the guidance director and physical education department chairperson.

Current Health Issues 3508

PHH300

- Grades 9-12
- 1 semester, 1 credit
- Prerequisite: Must have passed Health & Wellness Education
- Counts as an Elective for the General, Core 40, Core 40 with Academic Honors, and Core 40 with Technical Honors diplomas

Current Health Issues, an elective course that can be aligned to Indiana's Academic Standards for Health & Wellness, focuses on specific health issues and/or emerging trends in health and wellness, including, but not limited to: personal health and wellness, non-communicable and communicable diseases, nutrition, mental and emotional health, tobacco use prevention, alcohol and other drug use prevention, human development and family health, health care and/or medical treatments, and national and/or international health issues. This course provides students with the knowledge and skills of health and wellness core concepts, analyzing influences, accessing information, interpersonal communication, decision-making and goal-setting skills, health-enhancing behaviors, and health and wellness advocacy skills.

Elective Physical Education – Aquatics 3560

PHH102

- Grades 9-12
- 1 semester, 1 credit
- Prerequisites: Complete PE I and PE II; Must be 15 years old, be able to swim 300 yards with 2 strokes, tread water for 5 minutes, and dive and retrieve a 10 lb. weight from the bottom of the deep end of the pool.
- Counts as an Elective for the General, Core 40, Core 40 with Academic Honors, and Core 40 with Technical Honors diplomas

Elective Physical Education – Aquatics promotes lifetime sport and recreational activities and provides an opportunity for an in-depth study in specific areas. The following activities should be included: health related fitness activities (cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition). It includes the study of physical development concepts and principles of sport and exercise, as well as opportunities to develop or refine skills and attitudes that promote lifelong fitness. Students have the opportunity to design and develop an appropriate personal fitness program that enables them to achieve a desired level of fitness. Ongoing assessment includes both written and performance-based skill evaluations. This course will also include a discussion of related careers. This specific course focuses on water skills including stroke performance, endurance, and water safety. Although the focus is on individual participation, team games are included. Students may seek Red Cross First Aid, CPR, and Life Guarding certification. Students should have a basic knowledge and mastery of swim strokes to enroll in this class.

Elective Physical Education – Strength & Fitness 3560

PHH600, PHH601 (men)

PHH700, PHH701 (women)

- Grades 9-12
- 1 semester, 1 credit
- Prerequisites: Complete PE I and PE II
- Counts as an Elective for the General, Core 40, Core 40 with Academic Honors, and Core 40 with Technical Honors diplomas

All students enrolling in Strength and Fitness must have a current physical on file in the athletic office prior to the first day of school. The physical must be given after April 1 of the year of enrollment (April 1, 2015). Any student who does not have a physical on file by the beginning of the school year will be placed in a PE II class.

Elective Physical Education – Strength & Fitness promotes lifetime sport and recreational activities and provides an opportunity for an in-depth study in specific areas. The following activities should be included: health related fitness activities (cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition). It includes the study of physical development concepts and principles of sport and exercise, as well as opportunities to develop or refine skills and attitudes that promote lifelong fitness. Students have the opportunity to design and develop an appropriate personal fitness program that enables them to achieve a desired level of fitness. Ongoing assessment includes both written and performance-based skill evaluation. This course will also include a discussion of related careers. Strength & Fitness involves a physically demanding program of weight training and fitness activities designed to enhance speed, agility, flexibility, jumping, and coordination for student athletes. Advanced understanding of proper lifting techniques, substance abuse, nutrition, and fitness terminology will also be included in this class.

Health and Wellness Education 3506

PHH 110

- Grades 9-12
- 1 semester, 1 credit
- Fulfills the Health & Wellness requirement for the General, Core 40, Core 40 with Academic Honors, and Core 40 with Technical Honors diplomas

Health and Wellness Education, a course based on Indiana's Academic Standards for Health & Wellness, provides the basis to help students adopt and maintain healthy behaviors. Health education should contribute directly to a student's ability to successfully practice behaviors that protect and promote health and avoid or reduce health risks. Through a variety of instructional strategies, students practice the development of functional health information (essential concepts), determine personal values that support health behaviors, develop group norms that value a healthy lifestyle, and develop the essential skills necessary to adopt, practice, and maintain health-enhancing behaviors. This course includes the application of priority areas in a planned, sequential, comprehensive health education curriculum. Priority areas include: promoting personal health and wellness, physical activity, healthy eating, promoting safety and preventing unintentional injury and violence, promoting mental and emotional health, a tobacco-free lifestyle and an alcohol- and other drug-free lifestyle, and promoting human development and family health. This course provides students with the knowledge and skills of health and wellness core concepts, analyzing influences, accessing information, interpersonal communication, decision-making and goal-setting skills, health-enhancing behaviors, and health and wellness advocacy skills.

Physical Education I (L) 3542

PHH100

- Grades 9-12
- 1 semester, 1 credit
- Fulfills part of the Physical Education requirement for the General, Core 40, Core 40 with Academic Honors, and Core 40 with Technical Honors diplomas

Physical Education I focuses on instructional strategies through a planned, sequential, and comprehensive physical education curriculum which provides students with opportunities to actively participate in at least four of the following: team sports, dual sport activities, individual physical activities, outdoor pursuits, self-defense and martial arts, aquatics, gymnastics, and dance, all which are within the framework of lifetime physical activities and fitness. Ongoing assessment includes both written and performance-based skill evaluation.

Physical Education II (L) 3544

PHH101

- Grades 9-12
- 1 semester, 1 credit
- Prerequisite: Complete PE I
- Fulfills part of the Physical Education requirement for the General, Core 40, Core 40 with Academic Honors, and Core 40 with Technical Honors diplomas

Physical Education II focuses on instructional strategies through a planned, sequential, and comprehensive physical education curriculum which provides students with opportunities to actively participate in four of the following that were not included in Physical Education I: team sports; dual sport activities; individual physical activities; outdoor pursuits; self-defense and martial arts; aquatics; gymnastics; and dance, all which are within the framework of lifetime physical activities and fitness. Ongoing assessment includes both written and performance-based skill evaluation.

Physical Management 3506

PHH108

- Grades 9-12
- 1 semester, 1 credit
- Fulfills part of the Physical Education requirement for the General, Core 40, Core 40 with Academic Honors, and Core 40 with Technical Honors diplomas

Physical Management is a class that emphasizes health-related fitness and physical skill development. This course includes weight management, aerobic activity, aquatics, team sports, individual sports, recreational games, weight training, and power walking. Assessments include both written and performance based skill evaluations.