
PHYSICAL EDUCATION

Department Chair: Kevin Boley

Course Offerings:

(12th Grade course offerings are subject to change.)

Grade 9	<ul style="list-style-type: none"> • Adaptive PE • Healthy Decisions • Dance and Fitness • Individual Sport 	<ul style="list-style-type: none"> • Power Weights • Shape Up/Fitness • Strength & Conditioning • Team Sports
Grade 10	<ul style="list-style-type: none"> • Adaptive PE • Athletic Training I, II • Dance and Fitness • Healthy Decisions • Individual Sports 	<ul style="list-style-type: none"> • Power Weights • Shape Up/Fitness • Strength and Conditioning • Team Sports
Grade 11	<ul style="list-style-type: none"> • Adaptive PE • Athletic Training I, II • Dance and Fitness • Healthy Decisions • Individual Sports 	<ul style="list-style-type: none"> • Power Weights • Shape Up/Fitness • Strength and Conditioning • Team Sports
Grade 12	<ul style="list-style-type: none"> • Adaptive PE • Athletic Training • Dance and Fitness • Healthy Decisions 	<ul style="list-style-type: none"> • Power Weights • Shape Up/Fitness • Strength and Conditioning • Team Sports

All courses are fitness based. We will assess, monitor, and grade progress in four health related components of Physical Fitness. Students may not take more than two Physical Education courses in a semester.

Course Description

75475 Adaptive P.E.

Year: 0.5 credit

Grades: 9, 10, 11

Prerequisite: Teacher recommendation

This course is available to students who have specific physical or health needs. Class activities will include programs, which will help with motor skills and group interactions to provide a beneficial physical education experience.

75330 Athletic Training 1

Semester: .5 credit

Grades: 10, 11

Prerequisite: None

This course is designed for students interested in athletic training (application process may apply at specific schools) accident prevention, injury evaluation, first aid care and CPR.

75340 Athletic Training 2

Semester: 0.5 credit

Grades: 10, 11

Prerequisite: Athletic Training 1.

This course builds on the concepts learned in Athletic Training 1. Students will develop advanced technique of athletic training and gain further knowledge of how to recognize and treat athletic injuries.

75450 Dance & Fitness**Semester:** 0.5 credit

(P.E., Elective, Practical Arts Elective)

Grades: 9, 10, 11**Expense:** \$20.00 for guest dance instructors**Prerequisite:** None.

This course introduces students to various dance forms and fitness activities. Dance units include country, aerobics, jazzercise, and hip hop/funk. Fitness activities include step aerobics, power walking, jogging, interval training, cardio kick boxing, and fitness circuits with jump ropes, resistance bands, and hand weights. A self defense unit is also included.

55300 Healthy Decisions**Semester:** 0.5 credit

(P.E., Elective, Practical Arts Elective)

Grades: 9, 10, 11**Prerequisite:** None.

Kick off your high school career by learning how to make good choices on those critical health issues that you will face in the next four years and in your future! Explore everyday living aspects of nutrition and fitness; substance use and abuse; sexuality; relationships; and personal safety through practicing effective decision making skills. Learn them with your peers in a fun, fact-filled course.

75313 Individual Sports (Fall)**Semester:** 0.5 credit**Grades:** 9, 10, 11**Prerequisite:** None.**Expense:** \$40 for bowling and golf required if a participant.

Students will be exposed to a variety of activities which may include skill development and participation in bowling, climbing wall, floor hockey, tennis, pickle ball, table tennis, badminton, and golf. This course will emphasize the enjoyment of sports and the need for continued involvement in a lifetime of fitness.

75314 Individual Sports (Spring)**Semester:** 0.5 credit**Grades:** 9, 10, 11**Prerequisite:** None.**Expense:** \$40 for bowling & golf required if a participant.

Students will be exposed to a variety of activities which may include skill development and participation in bowling, climbing wall, floor hockey, tennis, pickle ball, table tennis, badminton, and golf. This course will emphasize the enjoyment of sports and the need for continued involvement in a lifetime of fitness.

75376 Power Weights (Fall)**Semester:** 0.5 credit**Grades:** 9, 10, 11**Expense:** \$50.00 for movement training systems**Prerequisite:** Teacher signature

The objective of this class is to prepare athletes for athletic competition by increasing strength and power. It is open to both male and female athletes. It is designed to help athletes reach their full potential by using strength training, conditioning, speed development, plyometrics and nutrition. The class will be setup to help the in season and out of season athlete and will be sport specific within reason.

75377 Power Weights (Spring)**Semester:** 0.5 credit**Grades:** 9, 10, 11**Expense:** \$50.00 for movement training systems**Prerequisite:** Teacher signature

The objective of this class is to prepare athletes for athletic competition by increasing strength and power. It is open to both male and female athletes. It is designed to help athletes reach their full potential by using strength training, conditioning, speed development, plyometrics, and nutrition. The class will be setup to help the in season and out of season athlete and will be sport specific within reason.

75322 Shape Up/Fitness (Fall)**Semester:** 0.5 credit**Grades:** 9, 10, 11**Prerequisite:** None.**Expense:** \$20.00 for guest instructors

This course will teach how to get in shape and stay that way. Cardiovascular fitness, muscular endurance, muscular strength, flexibility, coordination and agility will be stressed. Students will work towards personal goals through participation in the following activities: aerobics, step aerobics, lightweight training, circuit training, and various toning exercises. Workouts will be supplemented with classroom activities covering various fitness and health topics.

75323 Shape Up/Fitness (Spring)**Semester:** 0.5 credit**Grades:** 9, 10, 11**Prerequisite:** None.**Expense:** \$20.00 for guest instructors

This course will teach how to get in shape and stay that way. Cardiovascular fitness, muscular endurance, muscular strength, flexibility, coordination and agility will be stressed. Students will work towards personal goals through participation in the following activities: aerobics, step aerobics, lightweight training, circuit training, and various toning exercises. Workouts will be supplemented with classroom activities covering various fitness and health topics.

75350 Strength and Conditioning (Fall)**Semester:** 0.5 credit**Grades:** 9, 10, 11**Prerequisite:** None.

This course will focus on health related fitness development in the areas of flexibility and muscular strength and endurance. This course is performance based, thus improvement will be measured every 4-6 weeks.

75351 Strength and Conditioning (Spring)**Semester:** 0.5 credit**Grades:** 9, 10, 11**Prerequisite:** None

This course will focus on health related fitness development in the areas of flexibility and muscular strength and endurance. This course is performance based, thus improvement will be measured every 4-6 weeks.

75302 Team Sports (Recreation) (Fall)**Semester:** 0.5 credit**Grades:** 9, 10, 11**Prerequisite:** None

This course will emphasize skill development, sportsmanship, team interaction, and strategy in a recreational setting. Sports may include soccer, basketball, speedball, flag football, ultimate Frisbee, softball, floor hockey, pickle ball, tennis, badminton, and volleyball. This course will promote the enjoyment of sports within a lifestyle of fitness.

75303 Team Sports (Recreation) (Spring)**Semester:** 0.5 credit**Grades:** 9, 10, 11**Prerequisite:** None

This course will emphasize skill development, sportsmanship, team interaction, and strategy in a recreational setting. Sports may include soccer, basketball, speedball, flag football, ultimate Frisbee, softball, floor hockey, pickle ball, tennis, badminton, and volleyball. This course will promote the enjoyment of sports within a lifestyle of fitness.