

## **PHYSICAL AND HEALTH EDUCATION**

### **Physical and Health Education I      Credit: 0.50      Semester      F**

The focus of Physical and Health Education I places an emphasis on the integration of physical fitness concepts and strategies. Students will develop an understanding of the need for being physically fit and physical activity. Students will participate in a variety of activities that reinforce the fitness concepts learned in the classroom. Activities will include team sports, fitness games, self-assessments, partner activities and cooperative learning experiences. Testing is administered and individual fitness evaluations are completed on each student. The health section aims to heighten the students' awareness and understanding of current issues specific to adolescence. Topics include the menstrual cycle, feminine hygiene, nutrition, eating disorders, HIV, and sexually transmitted infections. Students will also learn the hands-only approach to CPR.

### **Physical and Health Education II      Credit: 0.50      Semester      SO**

Physical and Health Education II emphasizes the benefits of lifestyle physical activity and cardiovascular fitness. Students will complete self-assessments and work towards improving or maintaining individual endurance. Students will participate in a variety of activities that reinforce the fitness concepts learned in the classroom. Activities will include team sports, fitness games, self-assessments, partner activities and cooperative learning experiences. Fitness testing is administered and individual fitness evaluations are completed on each student. The health section focuses on developing the students' awareness of the most common sexually transmitted infections as well as the implications of drugs and alcohol on the teenage body. Emphasis is placed on understanding high-risk behaviors and prevention. Students will also learn the hands-only approach to CPR.

### **Lifetime Fitness      Credit: 0.50      Semester      J/S**

This Physical Education class is an activity based course that will introduce students to a variety of sports and fitness activities. Students will learn and practice movement techniques for individual, partner, and team sports. There is also a health portion to the class where students will learn about women's health topics. Topics include individual health practices for young women, healthy relationships, and substance abuse.

### **Women and Health      Credit: 0.50      Semester 1      J/S**

Health-related topics in the spheres of mental, physical, emotional and social wellness are studied from the woman's point-of-view in order to foster an understanding of general health concepts. Students will gain an understanding of risky behaviors and how they impact all aspects of health. Content will include making responsible decisions, goal-setting, being a health-literate consumer, stress-management techniques, and the importance of lifelong nutrition.

### **Women and Health: Special Topics      Credit: 0.50      Semester 2      J/S**

The focus of this course centers on healthy relationships, reproduction, childbirth, and heredity. Current health-related topics related to women will also be studied. Students will also be required to research and give an oral presentation on a current women's health topic.