

## **HEALTH AND PHYSICAL EDUCATION DEPARTMENT**

### **Graduation Goals:**

Students will be able to pursue life-long physical fitness through:

- Understanding nutrition;
- Knowing basic exercise physiology;
- Developing strong fitness habits, including stretching and dietary awareness;
- Accomplishing core fitness goals;
- Understanding the medical and social benefits of good decisions involving mental health, substance use, and sexual behavior;
- Practicing good decision-making skills.

### **Physical Education 1**

913 Semester 0.5 Freshman

Students will learn strong fitness habits through a variety of individual, dual and team activities. This class will include work in the gym, field, and classroom and is a single-sex class.

### **Health Education**

923 Semester 0.5 Sophomore

This course includes the study of all areas of physical health: nutrition, mental health, drug use and abuse, human sexuality, and the prevention of communicable diseases. This course will also teach students decision-making skills so that they can put into practice the knowledge they gain in this class about good physical and mental health.

### **Physical Education 2**

924 Semester 0.5 Junior

This course will continue the development of students' life-long fitness habits. It will include a variety of individual, dual and team activities, and will also cultivate the leadership skills of its students. This class will include work in the gym, field, and classroom and is a single-sex class.

### **Weight Training 1**

936 Semester 0.5 Junior, Senior

This course is designed to provide fundamentals necessary to build a comprehensive weight lifting program. Basic anatomy and fundamentals of movement will be stressed. This course is designed not only for the athlete but also for those students wishing to improve their physical appearance and muscle tone.

### **Weight Training 2**

937 Semester 0.5 Junior, Senior

This course is designed to develop strength and power through a variety of training techniques. Basic fundamentals of lifting and general training principles will be stressed.

**Prerequisite:** Weight Training 1

**Dance 1**

914 Semester 0.5 Freshman, Junior

This course is available to 9<sup>th</sup> and 11<sup>th</sup> graders in lieu of P.E.. The course will introduce novice dancers to core techniques of modern, jazz and ballet dancing, and will provide experienced dancers a chance to improve their conditioning and technique. Students will be taught choreography that incorporates elements of modern, jazz and ballet, and will participate in the Christmas show.