

## Physical Education: Health and Wellness

Two semesters of physical education are required for graduation and recommended during freshman and sophomore years. Students may, however, take additional credits in this area if their schedules allow. There is flexibility for four-year music students whose schedules may make it impossible to complete the physical education requirements in two semester-long classes.

### **416 Mens Fitness, Conditioning, & Strength**

**.5 credit**

### **417 Womens Fitness, Conditioning, & Strength**

**.5 credit**

**FCS** is a one-semester course designed for students who are interested in fitness activities as well as individual strength and conditioning programs. Students will broaden their knowledge of strength training principals and incorporate them into their own individualized programs. Students will learn the proper techniques, safety, and correct lifting forms for all exercise movements, major muscle groups, sports related injuries, and the basics of nutrition. Other activities that will be stressed throughout the course are cardio-respiratory fitness, flexibility, power, plyometrics, circuit training, muscular strength, and endurance exercises. This class may be taken more than once.

### **418 Womens Physical Education I**

**.5 credit**

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**.5 credit**

**Physical Education I** is offered to 9<sup>th</sup> – 12<sup>th</sup> grade students and focuses on cooperative team games such as football, soccer, handball, badminton, tennis, volleyball, pickleball, rugby, basketball, and floor hockey. Three days of the week students participate in one of the above units and focus on conditioning the remaining two days in order to improve their overall fitness levels. Students will be tested on their fitness levels at the beginning and end of each semester. This testing is intended to help students be more aware of their current fitness levels and identify what they can do to lead healthy lifestyles.

### **422 Womens Physical Education II**

**.5 credit**

### **423 Mens Physical Education II**

**.5 credit**

**Physical Education II** is offered to 10<sup>th</sup>-12<sup>th</sup> grade students and focuses on recreational skills and activities such as orienteering/survival skills, dance, Frisbee golf, ultimate Frisbee, bocce ball, tennis, golf, self-defense, first aid/personal care, and weight training. In addition to the aforementioned units, students will be tested on different health related components of fitness such as muscular strength, muscular endurance, flexibility, and cardio-respiratory endurance.

### **421 Health 12<sup>th</sup> Grades**

**.5 credit**

**10<sup>th</sup> -**

This required semester course encourages students to accept personal responsibility for attaining and maintaining a healthy and independent lifestyle. Students will learn information that relates to all aspects of health such as stress management, goal setting, decision making, mental disorders, reproduction, sexually transmitted diseases, substance abuse, fitness, nutrition, and CPR/first aid.