

Health/PE

Physical Education

Grade Level: 9-12

Prerequisites: None

Course Duration: One Semester

Subject Area in which graduation credit is given:

Physical Education; UC Subject Requirement- NA

COURSE DESCRIPTION

The philosophy of physical education is Everyone Can! The Physical Education classes are built around this philosophy of success through growth and encouragement. Students will gain a working knowledge of common sports and games. In addition, students will learn how to be physically fit for life.

BASIC TEXTS AND TEACHING GUIDES

Handouts on each activity will be given outlining the rules of the activity/sport.

Health

Grade Level: 9-12

Prerequisites: None

Course Duration: One Semester

Subject Area in which graduation credit is given:

Physical Education

COURSE DESCRIPTION

This course increases student awareness of healthy lifestyle choices and the importance of physical fitness incorporating an understanding of human anatomy and physiology. Topics discussed include the following:

- Alcohol, Tobacco, and Other Drug Use Prevention
- Prevention and Control of Disease
- Promotion of Environmental Health
- Promotion of Healthy Eating
- Promotion of Mental, Social, and Emotional Health
- Promotion of Physical Activity
- Promotion of Sexual Health
- Unintentional Injury Prevention
- Violence and Suicide Prevention
- First Aid and CPR with AED

BASIC TEXTS AND TEACHING GUIDES

Glencoe Health - The McGraw-Hill Companies, Inc. 2007