

HEALTH & PE 10th GRADE COURSES

HEALTH

HEALTH EDUCATION

0515/0516

1 Semester 1 Credit Grade: 10

Fee: \$8.00

COURSE DESCRIPTION: [IDOE 3506] All things talked about in Health apply to everyday life, now and forever. Health Education is designed to foster knowledge and attitudes leading to wellness and healthy lifestyles choices. This course includes wellness, mental health and mental illness, stress management, CPR, dating relationships (including dating violence), human sexuality, pregnancy and sexually transmitted infections, suicide, nutrition, and drug and alcohol education, including prescription drugs and e-cigarettes. This course assists students in understanding that health is a lifetime commitment by analyzing individual risk factors and health decisions that promote health and prevent disease. A variety of instructional strategies and current events will bring this course to life. Peer class discussions also make this a don't miss class.

ADVANCED HEALTH EDUCATION

0517/0518

1 Semester 1 Credit Grades: 10-12

Prerequisite: Health Education 10

Fee: \$5.00

COURSE DESCRIPTION: [IDOE 3500] Advanced Health Education is a health elective course for those students who may be interested in a health related career. Students will study the history of medicine, systems of the body, bones and muscles, CPR, Torts, risk appraisals and current health trends. Careers in health are researched, explored and job shadowed. Canvas work and job interviews are also included. Successful completion of Health 10 is required.

INTRO TO PHYSICAL THERAPY

0535/0536

1 Semester 1 Credit Grades 10-12

Prerequisite: Health Education 10

Fee: \$25.00 (lab fee)

COURSE DESCRIPTION: [IDOE 5215] Intro to Physical Therapy is a course designed for the student interested in a medical field with emphasis on athletic training, sport injuries, and physical therapy. Students will review human anatomy and first aid, CPR, and learn medical terminology. Treatment and rehabilitation of injuries based in athletic populations, signs and symptoms of these injuries and prevention will be studied. Intro to P.T. will look at nutrition, diseases, strength, and conditioning and how these affect injury to the general population. This course will include modalities and taping technique labs. Successful completion of Health 10 is required.

ELECTIVE PHYSICAL EDUCATION COURSES

WATER ACTIVITIES

0521/0522

1 Semester 1 Credit Grades 10-12

Prerequisite: Physical Education I – Physical Education II – Swim 4 laps of pool, Tread water for 5 minutes, Comfortable swimming in deep water for long periods of time.

Fee: \$3.00 for goggle rental

COURSE DESCRIPTION: [IDOE 3560] Water Activities is a one-semester course where students may enhance their physical fitness through water related activities.

Students use their swimming ability to play a variety of water games and team challenges such as water polo, ultimate torpedo, water basketball, diving board games and water soccer. Students have the opportunity to be

introduced to scuba diving and experience an actual dive in the pool. Students will create and present their own pool game.

ADVANCED TEAM SPORTS

0507/0508 (Coed)
0547/0548 (Girls)

1 Semester 1 Credit Grades: 10-12

Prerequisite: Physical Education I and Physical Education II

Fee: \$2.00

COURSE DESCRIPTION: [IDOE 3560] Advanced Team Sports promotes lifelong physical activity through team sports. Students will incorporate daily fitness into a lifetime routine. This elective will feature advanced fundamentals, techniques, and strategies of the following activities: softball, tennis, flag football, ultimate frisbee, indoor soccer, volleyball, basketball, and recreational sports.

To take a course a second time: student must have earned an "A" or "B" in ATS the first time.

***We do offer a female section as well as the coed option.*

XFIT (Formerly Crossfit)

0533/0534

1 Semester 1 Credit Grades 10-12

Prerequisites: Successful completion of Physical Education I/II. Application must be filled out and approved by teacher in order to take XFit twice. Must have received a C or better in Physical Education I/II.

Fee: \$2.00

COURSE DESCRIPTION: [IDOE 3560] XFit is a strength and conditioning program. It is not sport specific and promotes broad and general overall physical fitness. XFit workouts call for participants to work hard and fast with little rest. Proficiency will be required in cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination and accuracy. A combination of athletic conditioning, plyometrics, Olympic weightlifting, medicine ball and dumbbell training, power-lifting, some swimming is possible, some gymnastics, running and jump roping will be used. The workouts are always varied.

LIFEGUARD TRAINING

0513/0514

1 Semester 1 Credit Grades: 10-12

Prerequisite Swim Tests: 550 yard swim including breaststroke & front crawl with rhythmic breathing, 200 yds. of breast stroke; swim 20 yds., surface dive to a depth of 7 ft., retrieve a 10 lb. object, return to surface, and swim 20 yds. back to the starting point, exit without ladder (1 minute, 40 seconds). Swim 5 yds; submerge and retrieve three diving rings placed 5 yds apart in 4-7 fee of water; resurface; and swim 5 yds to the side of pool.

Certification Fee & Supplies: \$37.00

Textbook Fee: TBA

COURSE DESCRIPTION: [IDOE 3560] This course provides participants with the knowledge, skill, and practice needed to become well-trained and effective lifeguards at pools and at a waterfront environment. Certificates are given.

Classes in Advanced PE can be taken a second time for credit. Students need to be in good standing for dress and participation, receiving A or B in the course the first time. Teacher discretion can be implemented.

PHYSICAL CONDITIONING

0537/0538 (for credit)
0551/0552 for (no credit)
0525/0526 ("0"Hour)

0529/0530 (Football players)

1 Semester 1 Credit Grades: 10-12 (during the school day) and 9 (zero hour)

Prerequisite: Desire to tryout and/or participate on a Penn athletic team

Fee: \$5.00

COURSE DESCRIPTION: [IDOE 3560] This is a performance based class and participants will be expected to work through a prescribed workout under the guidance of a Certified Strength and Conditioning Coach. Student-athletes will learn a variety of techniques that can be used to improve all aspects of physical fitness and performance. Students will explore how to improve upper, lower, and core body flexibility, strength and power. They will work on ways to improve agility, speed, and nutrition.

FITNESS I

0505/0506

1 Semester 1 Credit Grades: 10-12

Prerequisite: Physical Education I and Physical Education II. Students must have received a B or better in P.E. in order to take Fitness I.

Fee: \$2.00

COURSE DESCRIPTION: [IDOE 3560] This class will offer a set routine that will encompass total-body muscle fitness, as well as cardiovascular fitness. Students will utilize muscle fitness and cardiovascular machines (no free weights). Students proper work habits and good time management skills. Correct technique for weight training will be introduced and implemented by all students, whether beginners or experienced lifters. Throughout the semester students will gain an understanding of how to develop each muscle group, how to maximize workout benefits, how to monitor and assess progress, and how to achieve personal goals. Near the end of the semester, students will determine and utilize their own muscle fitness routine.

To take course a second time: student must have earned an "A" or "B" in Fitness I the first time.