

PHYSICAL EDUCATION

Course name: **Physical Education**
Credit: **1/2**

Course name: **Adapted Physical Education**
Credit: **1/2**

All students are required to take and satisfactorily complete Physical Education in order to meet New York State Education Department's requirements. A student must earn two credits in Physical Education to satisfy graduation requirements. This is accomplished by taking Physical Education for each semester of the four years of high school. Each semester, a student must attend Physical Education and/or Adapted Physical Education and/or be entered into a medical contract. A written medical contract must exist any time a student cannot perform in the regular or adapted program. Specific details may be secured from the Physical Education Department.

Course name: **Strength and Fitness Training**
Credit: **1/2**
Grade: **11 and 12**

This course is designed for the 11th and 12th grade student who is serious about enhancing their overall fitness level. Students will undergo various tests in the areas of strength, flexibility, body composition and cardiovascular endurance. This information will be used to set individual goals and a program to meet those goals. Record keeping is a required element of the course. Various high intensity aerobic games will be included in the program. Students will be moved to traditional classes if they do not meet the program expectations.

Physical Education Electives

Course name: **Health-Related Fitness**
Credit: **1/2**
Grade: **10-12**

This course is designed to introduce students to the concepts and activities of health-related fitness. Students will assess their own health-related fitness, learn specific activities to develop or maintain personal fitness, and design an individualized exercise program. Topics include but are not limited to: cardiovascular fitness, muscular strength, muscular endurance, flexibility, body composition, and nutrition. This course is an elective and does not satisfy the graduation requirement for Physical Education or Health.

Course name: Introduction to Athletic Training
Credit: 1/2
Grade: 10-12

This course is designed to introduce students to the field of Athletic Training. Students will learn basic anatomy of the human body as well as the proper evaluation, care and prevention of athletic injuries. Topics include but are not limited to: concussions, sprains, strains, neck injuries, nutrition, heat illnesses and taping/wrapping of injuries. This course involves classroom lecture learning as well as hands-on clinical learning. There is a requirement of 10 hours of sport observation during the 20 weeks of the course. This course is an elective and does not satisfy the graduation requirement for Physical Education or Health.

Health

Course name: **Health**
Credit: **1/2**

This course meets the New York State Health Education requirement for graduation. It examines the major health issues facing teenagers today. It will assist students in developing problem-solving and decision-making skills in health related matters.

Course name: **Senior Leadership Seminars in Health**
Credit: **1/2**
Grade: **12**

Have you ever thought that you had a great idea that many of your classmates could learn from? With a “Brought to you by students, for students” motto this course is open to all seniors. This course will focus on contemporary health issues facing youths in our society today. Through investigation students will explore topic areas of interest. In completing their investigation students will have the responsibility of arranging for a guest speaker to come and address their peers. Through the investigative and organizational processes students will not only expand their own thinking but provide an opportunity for others to do so as well. Topic areas for research may include but are not limited to body image, the first year college experience, alcohol drugs and their effects on society, mental health issues, etc. Students enrolled in this course will develop transferable leadership skills to be used in the group setting.