

<b>HEALTH</b>					
Course #	Course	Description	Grade Level	Prerequisites	Notes
10011	Health Science 1				
10012	Health Science 2				
128051	Mindful Nutrition	Mindful Nutrition is all about food! We discuss food basics, calories and nutrition labels. We make grocery lists and balance budgets. We discuss how poor nutrition can lead to disease. We explore the world of fad diets and weight loss. We learn about eating disorders and learn about the effects of a junk food diet and its effects on the body. We work on an exercise and nutrition unit, make goals and achieve them. At the core of our course, we learn how to properly plan a menu for home and lead an active lifestyle. We use the Supertracker program to track the nutritional content of our menus. At the end of the semester, we explore cultural foods and put together a cookbook of family favorites. All content and activities covered are in line with the National Standards for Health Education.			
08119	Sports Science	This course involves the study of Kinesiology that explains Sport Performance. The course incorporates the traditional disciplines of Anatomy and Physiology, Biomechanics, Psychology and Nutrition, which are studied in the context of Sport, Exercise and Health. Students will cover a range of core topics including Anatomy, Exercise Physiology, Energy Systems, Movement Analysis, and Skill in Sport. This course will provide an opportunity to acquire the knowledge and understanding necessary to apply scientific principles and critically analyze Human Performance.			
<b>PHY. ED.</b>					
Course #	Course	Description	Grade Level	Prerequisites	Notes

12000	Fitness for Life	<p>The focus will be on decision-making, cardiovascular fitness, and skill development in various sport and lifetime leisure activities. Students will be informed of the benefits of fitness and sport through this knowledge base. Students will be equipped with the knowledge to make informed decisions in developing a healthy lifestyle. Cardiovascular endurance and conditioning will be emphasized through fitness and sport activities. These activities will be aimed at improving strength, agility, flexibility, and cardiovascular endurance. Students will be exposed to a variety of team, dual, and individual activities. These will focus on skill development (basic through advanced) and knowledge. All students will learn about and be engaged in these activities daily.</p>	9-12		
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12012	Fitness for Life 2	<p>Decision-making, cardiovascular fitness and skill development in various sport and lifetime leisure activities will be the focus of tenth grade physical education. Students will be informed of the benefits of fitness and sport through this knowledge base. Students will be equipped with the knowledge to make informed decisions in developing a healthy lifestyle. The curriculum for PE 2 is more varied and requires a higher level of thinking and skill. Students will now implement and evaluate their health plan and work to improve their personal fitness levels and knowledge and skill base. Upon successful completion of the Phys. Ed sequences, students will be able to create, implement, and evaluate a personal lifetime fitness plan. <del>Objectives</del> The focus will be on decision-making, cardiovascular fitness, and skill development in various sport and lifetime leisure activities. Students will be informed of the benefits of fitness and sport through this knowledge base. Students will be equipped with the knowledge to make informed decisions in developing a healthy lifestyle. Cardiovascular endurance and conditioning will be emphasized through fitness and sport activities. These activities will be aimed at improving strength, agility, flexibility, and cardiovascular endurance. Students will be exposed to a variety of team, dual, and individual activities. These will focus on skill development (basic through advanced) and knowledge. All students will learn about and be engaged in these activities daily. Upon successful completion of the freshman &amp; sophomore Physical Education sequence, students will be able to create, implement, and evaluate a personal lifetime fitness plan. <del>Objectives</del> Instructional Methods/Assessments: This is a participation based class. Students will be assessed on their daily participation, knowledge of activities participated in, and attitude and effort during activities. All students will also be assessed on the fitness levels using the pacer test, push up test, and sit up test. Recommended Background for Success: Students are expected to dress and participate in rigorous physical activities in order to be successful in the class. FITNESS FOR LIFE 2 12012 Required for Graduation 11th and 12th graders Semester Grade 11-12 Prerequisite: Successful completion of Fitness for Life 1.</p>	11-12		
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12888	MCTC: Foundations of Fitness	This course introduces the fundamental concepts of fitness and wellness. Through lecture, discussion, and physical fitness activities, you are introduced to the components of fitness, assessment tools, and various programs that contribute to physical and emotional health.	11-12		
12131	Team Sports	This class will focus on team sports at a competitive level. Students in this class will be asked to participate in daily team sport activities. Students will be introduced to the history, strategy, and skills required for each activity. This class will be expected to look more in depth at the history and philosophy of sport as well as sport psychology through independent research assignments. Activities will be both indoor and outdoor. The list of activities may include but not limited to Basketball, Soccer, Floor Hockey, Team Handball, Ultimate Frisbee, Football, Lacrosse, and Softball.	10-12		
12021	Weight Training	The students will be educated about Strength and Conditioning with an emphasis on athletic development. Students will be expected to know proper weight lifting techniques and will be able to design a comprehensive weight lifting program that is realistic and attainable for their specific goals. Students will also learn more advanced lifts such as the Clean & Jerk and the Snatch. This course does require a high level of physical activity surrounding Weight Training, Plyometric Training, and Anaerobic Conditioning. This course requires written work and possible research surrounding the strength and conditioning field.	10-12		