

Physical Education and Health Department



2024-2025 Course Offerings

The Nordonia High School Health/Physical Education program is designed to promote a higher quality of personal health and wellness through the study of physical, mental, and social phases of health and fitness as well as participating in team sports, individual skills activities, lifetime sports, and athletic sports.

REQUIRED COURSES

HEALTH-one semester

PHYSICAL EDUCATION-two semesters

ELECTIVE COURSES

The below electives will count for the HS elective credits toward graduation.

- HEALTH CAREERS
- MINDFUL WELLNESS AND YOGA
- LIFETIME FITNESS
- SPORTS OFFICIATING 1
- SPORTS OFFICIATING 2
- WALKING FOR FITNESS
- TEAMMATES
- CADET CORE
- STRENGTH AND CONDITIONING I
- STRENGTH AND CONDITIONING II
- STRENGTH AND CONDITIONING III
- WOMEN'S STRENGTH & CONDITIONING

The below electives are offered but will not count for HS elective credits toward graduation.

- BASKETBALL
- RECREATIONAL SPORTS & GAMES
- TEAM SPORTS
- NET SPORTS AND GAMES

Health

Course Number: 9681

Credit: .5

Length: semester

Grade: 9

***You must take one semester of health as a graduate requirement.**

Health education affords high school students a balanced program including physical, mental, and social phases of health and fitness. These phases of the program encompass up-to-date concepts such as CPR/AED, and first aid skills, family living, human growth and development, human sexuality and abstinence, STD, drug and alcohol abuse, suicide prevention, nutrition, many guest speakers to discuss various health topics, and much more. Students will also earn community service hours through the Gifts From the Heart program with Rainbow Babies and also through sending care packages to the military.

Physical Education

Course Number: 9600

Credit: .25

Length: semester

***You must take TWO semesters of Physical Education as a graduate requirement. You will take this same course once in 9th grade and once in 10th grade.**

Physical Education is a graduation requirement that students are required to take for two semesters, typically a semester in each 9th and 10th-grade year. This course emphasizes participation and effort and covers many various recreational games, sports, and fitness activities. Students are also required to complete the physical education assessments mandated by the Ohio Department of Education. Students are expected to exhibit responsible personal and social behavior that respects self and others in physical activity settings. The ultimate goal of physical education is to encourage students to have a lifelong pursuit of achieving and maintaining being physically fit. Students taking this course will be required to dress in appropriate athletic apparel daily for participation in activities.

Health Careers

Course Number: 9650

Credit: .5

Length: semester

Grades: 9 – 12

This course is designed to expose students to the healthcare industry by surveying the wide spectrum of health care occupations and equipping them with the entry level knowledge and skills that apply to a variety of health occupations. Students who successfully complete this course will acquire the necessary knowledge and skills that will allow them to pursue an education and career in the healthcare industry. Students will develop a professional career portfolio, job shadow health care professionals and be required to earn volunteer service hours in the healthcare field.

Prerequisite: Health 9 INCLUDING First Aid and CPR certification

This elective may not be used to replace the Health graduation requirement.

Net Sports and Games

Course Number: 9646

Credit: .5

Length: semester

Grades: 9 – 12

***This elective does not count for HS elective credits toward graduation.**

This course will provide students with the opportunity to master the rules, skills, and strategies for a variety of net sports and games, including volleyball, badminton, tennis, pickleball, table tennis, and spikeball . The emphasis is on understanding that most net sports and games can be lifetime activities and can enhance fitness through competitive and recreational play.

This elective may not be used to replace the PE graduation requirements.

Walking for Fitness

Course Number: 9645

Credit: .5

Length: semester

Grades: 9 – 12

This course is designed to provide students with a fitness foundation through the means of walking. Students will be given a fitness assessment profile and develop an individualized exercise program. Conditioning emphasis will be placed on stamina, muscle strength and endurance, flexibility, body composition. Walking techniques and fitness strategies will also be highlighted. Student's progress will be assessed to assure completion of their goals and objectives.

This elective may not be used to replace the PE graduation requirements.

Team Sports

Course Number: 9641

Credit: .5

Length: semester

Grades: 9 – 12

***This elective does not count for HS elective credits toward graduation.**

The Team Sports elective course is for the more sports-minded student. Participation in this course promotes lifelong participation in sports and fitness-related activities. Team Sports provides an opportunity for an in-depth study of advanced tactics/strategies and higher-level skills/mechanics. Activities include but are not limited to three-week “seasons” in Basketball, Volleyball, Flag Football, Soccer, Slow-Pitch Softball, Ultimate Frisbee, Floor Hockey, Handball, and other team sports. Students taking this course will be required to dress in appropriate athletic apparel daily for participation in activities.

This elective may not be used to replace the PE graduation requirements.

Lifetime Fitness

Course Number: 9660

Credit: .5

Length: 1st semester

Grades: 9 – 12

Course Number: 9662

Credit: .5

Length: 2nd semester

Grades: 9 – 12

This course will be a five-step exercise system focusing on education, fitness assessment, individualized programming, instruction, and reassessment of each student. The collective emphasis will take an in-depth look at fitness fundamentals, strength training, aerobic conditioning, benefits of a balanced exercise program, exercise choices, and fitness/wellness terminology. Students taking this course will be required to dress in appropriate athletic apparel daily for participation in activities.

This elective may not be used to replace the PE graduation requirements.

Recreational Sports and Games

Course Number: 9640

Credit: .5

Length: semester

Grades: 9 – 12

***This elective does not count for HS elective credits toward graduation.**

The Recreational Sports and Games elective course promotes lifetime sport and recreational activities. This course provides an opportunity for an in-depth study of advanced tactics/strategies and higher-level skills/mechanics. Students will participate in activities that include team, individual, and dual sports. Sports and games will include sports and games such as cornhole, pickle ball, table tennis, ladder toss, badminton, bocce ball, volleyball, and much more. The course will include the study of physical development concepts and principles of sport and exercise that promote lifelong participation in physical activity. This Recreational Sports and Games elective is available for all students. Students taking this course will be required to dress in appropriate apparel daily for participation in activities.

This elective may not be used to replace the PE graduation requirements.

Mindful Wellness and Yoga

Course Number: 9860

Credit: .5

Length: semester

Grades: 9-12

This course will introduce students to mindfulness, yoga, and general wellness practices to benefit both their bodies and minds. We will focus on the connection between the brain, the body, and the breath as we develop self-awareness, learn to manage our emotions and relationships, handle the stresses of life, communicate more effectively, and reflect upon responsible decision-making. Students will typically do yoga twice per week in this course. Students who wish to take this course should see their school counselor.

This elective may not be used to replace the PE or Health graduation requirements.

Sports Officiating

Semester 1 Course Number: 9643

Semester 2 Course Number: 9644

Credit: .5

Length: semester

Grades: 9 – 12

Semester 1 Choices: Basketball, Football, Baseball, Softball (Pick 2)

Semester 2 Choices: Basketball, Volleyball, Baseball, Softball (Pick 2)

This course is a study of the rules, mechanics, and fundamentals of sports officiating through the online Ref Reps program, lecture, and hands on application during live play simulation. Through this class, students who are ready will have the opportunity to officiate in local youth leagues, such as NYB (Nordia Youth Basketball), Nordonia Youth Football, J.O. Volleyball, and the NHAA youth baseball and softball leagues. Students will also learn “behind the scenes” jobs, such as how to run a scoreboard, keep a scorebook, and serve as a statistician. This class will focus on the skills necessary to become an official with the opportunity to make money doing so and gainful/supplementary employment for a lifetime. Upon completion of the course, students who are 14 years of age or older will have the option to get certified as a Class 3 Official by the OHSAA to officiate 7th, 8th, and 9th grade games.

TeamMates

Course Number: 9857

Credit: .5

Length: semester

Grades: 9 – 12 (HS PE Teacher Permission Required)

Students serve as “peer buddies” to students with special needs, interacting with each other through exercise, sports, games, and activities. In addition to participating in various activities alongside their peers who have disabilities, students will have weekly classroom sessions where they learn about various disabilities and the special education process. In addition, students in the TeamMates class will take monthly field trips in the community in order to increase the socialization of their peers who have special needs.

This elective may not be used to replace the PE graduation requirements.

Basketball

Course Number: 9642

Credit: .5

Length: semester

Grades: 9 – 12

***This elective does not count for HS elective credits toward graduation.**

The Basketball elective course is for the more sports-minded student who enjoys the sport on a daily basis. Participation in this course promotes lifelong participation in the sport of basketball at all levels. Basketball activities will include small-sided basketball games progressing to full-court 5 on 5 basketball games. Students taking this course will be required to dress in appropriate apparel daily for participation in activities when in the gymnasium.

This elective may not be used to replace the PE graduation requirements.

STRENGTH AND CONDITIONING I

(1st semester: 9th-12th grade male athletes)

Course Number: 9963

Credit: .5

Length: 1st semester

Grades: 9th-12th Grade Male Athletes

This course is designed as an introductory course to athletic conditioning and strength training. This class will promote students' knowledge in developing, tracking and learning about resistance training as it relates to athletics. Students will be instructed in basic principles of strength training & conditioning. The course focus is on functional strength training which includes functional movement, mobility and principles of strength training and conditioning. Students will be provided quality workout opportunities based on the strength training principles taught. Topics include systematic body weight training, strength training, plyometric training, speed & agility training, physiology of exercise, and other training methods. Tests and measurements of fitness, strength, & conditioning, as a means of evaluating progress, will be part of this course. Students will track workouts and monitor progress.

This elective may not be used to replace the PE graduation requirements.

STRENGTH AND CONDITIONING II

(2nd sem: 9th grade football athletes)

Course Number: 9964

Credit: .5

Length: 2nd semester

Grades: 9th Grade Football Athletes

This course is designed as an introductory course to athletic conditioning and strength training. This class will promote students' knowledge in developing,

tracking and learning about resistance training as it relates to athletics. Students will be instructed in basic principles of strength training & conditioning. The course focus is on functional strength training which includes functional movement, mobility and principles of strength training and conditioning. Students will be provided quality workout opportunities based on the strength training principles taught. Topics include systematic body weight training, strength training, plyometric training, speed & agility training, physiology of exercise, and other training methods. Tests and measurements of fitness, strength, & conditioning, as a means of evaluating progress, will be part of this course. Students will track workouts and monitor progress.

This elective may not be used to replace the PE graduation requirements.

STRENGTH AND CONDITIONING III

(2nd sem: 10th-11th grade football athletes)

Course Number: 9965

Credit: .5

Length: 2nd semester

Grades: 10th-11th Football Athletes

This course is designed as an introductory course to athletic conditioning and strength training. This class will promote students' knowledge in developing, tracking and learning about resistance training as it relates to athletics. Students will be instructed in basic principles of strength training & conditioning. The course focus is on functional strength training which includes functional movement, mobility and principles of strength training and conditioning. Students will be provided quality workout opportunities based on the strength training principles taught. Topics include systematic body weight training, strength training, plyometric training, speed & agility training, physiology of exercise, and other training methods. Tests and measurements of fitness, strength, & conditioning, as a means of evaluating progress, will be part of this course. Students will track workouts and monitor progress.

This elective may not be used to replace the PE graduation requirements.

WOMEN'S STRENGTH & CONDITIONING

(9th-12th grade female athletes)

Course Number: 9966

Credit: .5

Length: semester

Grades: 9th-12th Grade Females

This course is designed as an introductory course to athletic conditioning and strength training. This class will promote students' knowledge in developing, tracking and learning about resistance training as it relates to athletics. Students will be instructed in basic principles of strength training & conditioning. The course focus is on functional strength training which includes functional movement, mobility and principles of strength training and conditioning. Students will be provided quality workout opportunities based on the strength training principles taught. Topics include systematic body weight training, strength training, plyometric training, speed & agility training, physiology of exercise, and other training methods. Tests and measurements of fitness, strength, & conditioning, as a means of evaluating progress, will be part of this course. Students will track workouts and monitor progress.

This elective may not be used to replace the PE graduation requirements.