

# Physical Education and Health Department



## 2020-2021 Course Offerings

The Nordonía High School Health/Physical Education program is designed to promote better personal health through both 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 (available to grades 9-12)

- **HEALTH CAREERS**
- **LIFETIME FITNESS**
- **RECREATIONAL SPORTS & GAMES**
- **TEAM SPORTS**
- **BASKETBALL**
- **TEAMMATES**

## **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 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 be trained in hands on skills, taking vitals, etc. Students will earn their Basic Life Support CPR Certification. Students will develop a professional career portfolio, job shadow health care professionals and be required to earn volunteer service hours in the healthcare field.

## **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 apparel daily for participation in activities.

**This elective may not be used to replace the PE9 or PE10 graduation requirements.**

## **Recreational Sports and Games**

**Course Number: 9640**

**Credit: .5**

**Length: semester**

**Grades: 9 – 12**

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 target, net, and invasion games. 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 PE9 or PE10 graduation requirements.**

## **Team Sports**

**Course Number: 9641**

**Credit: .5**

**Length: semester**

**Grades: 9 – 12**

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. Students will participate in various team sports falling in the categories of a target, net/wall, invasion, and striking/fielding. Students enrolled in Team Sports will learn about the history and evolution of various sports as well as rules, skills, fundamentals, and strategies. Safety and sportsmanship will be emphasized. Activities include but are not limited to three-week “seasons” in Baseball, Volleyball, Flag Football, Soccer, Softball, Ultimate Frisbee, Floor Hockey, Handball, and other team sports. 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 PE9 or PE10 graduation requirements.**

## **TeamMates**

**Course Number: 9857**

**Credit: .5**

**Length: semester**

**Grades: 9 – 12 (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 PE9 or PE10 graduation requirements.**

## **Basketball**

**Course Number: 9642**

**Credit: .5**

**Length: semester**

**Grades: 9 – 12**

The Basketball elective course is for the more sports-minded student. Participation in this course promotes lifelong participation in the sport of basketball at all levels. Basketball class provides an opportunity for an in-depth study of advanced tactics/strategies and higher level

skills/mechanics. Students will also learn how to referee the game of basketball. Students enrolled in Basketball will research the history and evolution of the sport of basketball as well as learn rules, skills, fundamentals and strategies. Lastly, students will learn how to keep statistics for the sport of basketball. Safety and sportsmanship will be emphasized. Activities include but are not limited to various offensive and defensive basketball drills, small-sided basketball games, and 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 PE9 or PE10 graduation requirements.**