

Physical Education and Health Department



2025-2026 Course Offerings

The Nordonía 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**
- **LIFETIME FITNESS**
- **SPORTS OFFICIATING 1-Basketball**
- **SPORTS OFFICIATING 2-Football**
- **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**
- **TEAM SPORTS**

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.

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 are expected to attend field trips that are organized to provide exposure to health related careers and actively participate with guest speakers.

Prerequisite: Health 9

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

Cadet Core

Course Number: 9691

Credit: .5

Length: semester

Grades: 9 – 12

This course is similar to a pre-ROTC program that provides students with a military-styled leadership program. Cadet Core can and has helped many students prepare mentally and physically for the qualification process if they are considering entering the military in some fashion. Regardless of whether a student wishes to pursue a military career, they will learn leadership, responsibility, and discipline traits that apply universally to military or civilian career paths. A typical week for a student in Cadet Core would be physical training twice per week, two classroom sessions per week, and one day where students are in uniform learning and practicing drill and ceremony.

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

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

1st Semester- Course Number: 9660

2nd Semester- Course Number: 9662

Credit: .5

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.

Sports Officiating

Semester 1- Basketball Course Number: 9643

Semester 2- Football Course Number: 9644

Credit: .5

Length: semester

Grades: 9 – 12

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 (Nordonia 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.

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.

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)

Credit: .5

1st Semester- Course Number: 9666

2nd Semester- Course Number: 9667

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.