

# Physical Education and Health Department



## 2023-2024 Course Offerings

The Nordonia 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**
- **CADET CORE**
- **MINDFUL WELLNESS and YOGA**
- **LIFETIME FITNESS**
- **RECREATIONAL SPORTS & GAMES**
- **TEAM SPORTS**
- **BASKETBALL REFEREE**
- **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 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.**

## **Cadet Core**

**Course Number: 9691**

**Credit: .5**

**Length: semester**

**Grades: 9 – 12**

Cadet Core provides students and schools with a military styled leadership program that is adaptive and responsive to the school's schedule and culture. The military readiness component for students in Ohio requires that they work with a recruiter and qualify for military service by swearing an oath of enlistment. Cadet Core can and has helped many students prepare mentally and physically for the qualification process while working with a recruiter. 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.

Students enrolled in their first semester will learn the following: leadership values, the Cadet Core creed, military ranks, phonetic alphabet, military time, medals, ribbons, patriotism, health/nutrition, the effects of drugs and alcohol, violence prevention, first aid, cold weather injuries, hot weather injuries, and goal setting. While studying these topics, Cadets will also learn and regularly participate in drill and ceremony as well as physical training. All Cadets are promoted, assigned more responsibility, higher position, and move up in rank based on their individual performance. Cadets must maintain a

military appearance (haircut, properly groomed, and shaved face) and wear a military style uniform once per week.

**Cadet Core may not be used to replace the PE or Health graduation requirement.**

## **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. 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**

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 (Permission required)**

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.**

## **Basketball Referee**

**Course Number: 9643**

**Credit: .5**

**Length: semester**

**Grades: 9 – 12**

This course is a study of the rules, mechanics, and fundamentals of basketball officiating through the online Ref Reps program, lecture, and hands on application during live basketball play. Through this class, students who are ready will earn the opportunity to officiate in youth basketball with the NYB (Nordia Youth Basketball). 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 a basketball referee with the opportunity to make money doing so and gainful/supplementary employment for a lifetime. Students may take additional courses/examinations in order to get certified by the OHSAA. The purchase of an officiating shirt and black “Fox 40” whistle is required.

## **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 PE graduation requirements.**

## **Basketball**

**Course Number: 9642**

**Credit: .5**

**Length: semester**

**Grades: 9 – 12**

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.**