

PHYSICAL EDUCATION

Courses in the Physical Education department include both physical education and health courses. Health courses educate students to become health literate individuals who possess the skills and knowledge to lead healthy, active lives. Physical Education courses help develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of physical activity.

HEALTH AND WELLNESS EDUCATION (3506)

Classification: Regular

Prerequisite: None

Open to: 9 & 10 (recommended), 11, 12

Credit: 1 RW

Students are provided opportunities to explore the effect of health behaviors on an individual's quality of life. This course assists students in understanding health is a lifetime commitment by analyzing individual risk factors and wellness decisions that promote health and prevent disease. Students are also encouraged to assume individual responsibility for becoming competent health consumers. Class discussions, group activities, individual assignments and guest speakers are included to develop sound health principles. *Fee: \$4.80*

PHYSICAL EDUCATION I (3542)

Classification: Regular

Prerequisite: None

Open to: 9 & 10 (recommended), 11, 12

Credit: 1 RW

This course emphasizes health-related fitness and helps develop skills and habits necessary for a lifetime of physical activity. Skill development, application of rules and strategies in a variety of activities are included (activities are different from P.E. II). A Carmel Clay Schools P.E. uniform and a heart rate strap are required. *Fee: \$2.00*

PHYSICAL EDUCATION II (3544)

Classification: Regular

Prerequisite: None

Open to: 9 & 10 (recommended), 11, 12

Credit: 1 RW

This course emphasizes health-related fitness and helps develop skills and habits necessary for a lifetime of physical activity. Skill development, application of rules and strategies in a variety of activities are included (activities are different from P.E. I). A Carmel Clay Schools P.E. uniform and a heart rate strap are required. *Fee: \$2.00*

PHYSICAL EDUCATION II (ALTERNATIVE)

(3544)

Classification: Regular

Open to: 9, 10

Credit: 1 RW

Students may earn course credit by participating in the following alternative activities: marching band, Ambassadors, Accents, Coquettes, Charisma, cheerleading, or a Carmel High School varsity sport.. Students in a fall sport/activity should sign up for the fall course. Students in a winter sport/activity should sign up for the winter/spring course. Students must participate in at least 90% of group activities (injury free), or 66% due to major injury (CHS Athletic Trainer or physician signature required). Activities must be completed before the start of the junior year unless otherwise approved by the P.E department chair and counselor.

APPLIED PHYSICAL EDUCATION 1-2 (3542 and 3544))

Classification: Special Services

Prerequisite: IEP Placement or permission of PE Department Chair

Open to 9, 10, 11, 12

Credit: 1 RW

Counts as a Physical Education requirement for the Certificate of Completion.

Applied Physical Education I-2 focuses on instructional strategies through a planned, sequential and comprehensive physical education curriculum which provides students with opportunities to actively participate in at least four of the following: team sports; dual sport activities; individual physical activities; outdoor pursuits; self-defense and martial arts; aquatics; gymnastics; and dance, all which are within the framework of lifetime physical activities and fitness. Ongoing assessment includes individual progress and performance-based skill evaluation.

ELECTIVE HEALTH AND PHYSICAL EDUCATION OPTIONS (For Physical Education electives, students must have taken P.E. I and P.E. II, or taken P.E. I and currently enrolled in the P.E. II by alternate means course).

LIFETIME FITNESS (3560)

Classification: Regular

Prerequisite: P.E. I and P.E. II, or taken P.E. I and be currently enrolled in the P.E. II alternative course

Open to 9,10, 11, 12

Credit: 1 RW

This course is designed to foster proficiencies, competition, and fitness in team and individual activities including: soccer, softball, tennis, volleyball, basketball, flag football, pickleball, badminton, golf, archery, and ultimate Frisbee. Students will develop strategies and skills for each activity with an emphasis on lifetime fitness. The uniform is a CHS shirt, athletic shorts and tie tennis shoes.

PHYSICAL CONDITIONING (3560)

Classification: Regular

Prerequisite: P.E. I and P.E. II, or taken P.E. I and be currently enrolled in the P.E. II alternative course

Open to: 9,10, 11, and 12

Credit: 1 RW

This course allows for in-depth work in physical development through various forms of fitness. Strength training and cardiovascular fitness will be emphasized. Some classroom work related to these topics will be included.. The uniform is a CHS t-shirt, athletic shorts, tie tennis shoes, and a heart rate strap.

ADVANCED PHYSICAL CONDITIONING (3560)

Classification: Regular

Prerequisite: P.E. I and P.E. II, or taken P.E. I and be currently enrolled in the P.E. II alternative course

Open to: 9, 10, 11, and 12

Credit: 1 RW

This course allows the student to achieve maximum performance in physical activities and athletics. Designed primarily for the physically active student, this course emphasizes weight training, flexibility, agility, quickness, speed improvement, and cardiovascular endurance. Specific lifts are taught that allow each athlete to enhance athletic performance. Some classroom work related to these topics will be required. Students should be on a current CHS athletic roster in an IHSAA sport. The uniform is a CHS t-shirt, athletic shorts and tie tennis shoes.

PERSONAL FITNESS AND WELLNESS (3560)

Classification: Regular

Prerequisite: P.E. I and P.E. II, or taken P.E. I and be currently enrolled in the P.E. II alternative course

Open to: 9,10, 11, 12

Credit: 1 RW

This course includes the most current fitness activities. Students will develop a personal fitness profile, set personal goals, and learn the importance of including exercise and physical activity in their lives. Fitness activities include aerobics, flexibility training, Pilates, Yoga, exercise walking, and toning. The uniform is a CHS t-shirt, athletic shorts, tie tennis shoes and a heart rate strap.

AQUATIC FITNESS & SPORTS (3560)

Classification: Regular

Prerequisite: P.E. I and P.E. II, or taken P.E. I and be currently enrolled in the P.E. II alternative course

Open to: 9, 10, 11, and 12

Credit: 1 RW

This course introduces students to different forms of aquatic fitness and sports. Students will be exposed to a variety of water activities including water polo, water volleyball, snorkeling, kayaking and water fitness. Students will be able to update their American Red Cross Lifeguard Training and CPR for the Professional Rescuer certifications.

CARDIOVASCULAR DEVELOPMENT (3560)

Classification: Regular

Prerequisite: P.E. I and P.E. II, or taken P.E. I and be currently enrolled in the P.E. II alternative course

Open to: 9,10, 11, 12

Credit: 1 RW

Students in this course will learn the latest trends, methods and techniques of cardiovascular development. This includes examining the five components of fitness, learning proper stretching techniques, improving cardiovascular fitness through running and other activities, and analyzing and applying fitness principles. Students will be setting personal goals and evaluating their fitness ability. The uniform is a CHS t-shirt, athletic shorts, tie tennis shoes and a heart rate strap.

LIFEGUARD CERTIFICATION (3560)

Classification: Regular

Prerequisite: P.E. I and P.E. II, or taken P.E. I and be currently enrolled in the P.E. II alternative course

Open to: 9, 10, 11, and 12 RW (may be taken only once; student must be 15 or turn 15 during the semester)

Credit: 1 RW

Students in this course will have the opportunity to become certified as an American Red Cross Lifeguard. This includes CPR for the Professional Rescuer, Basic First Aid, and learning to use an Automated External Defibrillator. Students will be charged fees for an American Red Cross certification card.

Students must be 15 years of age on or before the end of the semester and successfully complete a swimming assessment consisting of: (1) Swim 300 yards continuously demonstrating the front crawl, breaststroke or a combination of both. (2) Tread water for 2 minutes using only the legs. (3) Complete a timed event within 1 minute, 40 seconds.

Starting in the water, swim 20 yards surface dive, feet- first or head-first, to a depth of 7-10 feet to retrieve a 10 pound object return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface. You must exit the water without using a ladder or steps.

OUTDOOR EXPLORATION (3560)

Classification: Regular

Prerequisite: P.E. I and P.E. II, or taken P.E. I and be currently enrolled in the P.E. II alternative course

Open to: 9,10, 11, 12

Credit: 1 RW

This course offers students the opportunity to learn technical skills, implement safe practices, and build confidence as they try something new or hone an existing passion. Course activities (most will be on-site at CHS) include orienteering, team challenges, kayaking, paddle boarding, fishing, physical pursuit games, map and compass reading, first aid and gear maintenance. Students will become skilled and confident in their ability to be lifelong outdoor enthusiasts while fostering social interaction and being aware of the importance of maintaining physical fitness.

SPORTS MEDICINE 1 (3500)

Classification: Regular

Open to: 10, 11, and 12

Prerequisite: Health and Wellness or Interpersonal Relationships

Credit: 1 RW

This course is designed for the student who has an interest in medicine and athletics. The course is a combination of lecture and laboratory experiences, with emphasis in the areas of: kinesiology, exercise physiology, injury recognition and prevention, first-aid, taping techniques, physical conditioning, rehabilitation of injuries, and sports nutrition. *Fee: \$18.30*

SPORTS MEDICINE II (3500)

Classification: Regular

Prerequisite: Health and Wellness or Interpersonal Relationships, Sports Medicine I

Open to 10, 11, and 12

Credit: 1 RW

Sports Medicine II is designed for students interested in the student athletic program and/or the sports medicine field, and provides a more in-depth study and application of the components of sports medicine including but not limited to: rehabilitative techniques; therapeutic modalities; prevention, recognition, and care of injuries to the upper and lower extremities; drugs in sports; and modern issues in sports medicine. Individualized and independent assignments will be included. *Fee: \$32.25*

CURRENT HEALTH ISSUES (3508)

Classification: Regular

Prerequisite: Health and Wellness, Interpersonal Relationships

Open to: 10, 11, and 12

Credit 1 RW

This course focuses on emerging trends in health including, but not limited to (1) medical technology (2) local, state, and national health policies (3) health care issues (4) health careers and (5) chronic and communicable diseases. Student selection of topics and individual learning techniques are emphasized.

RECREATIONAL LEADERSHIP (0522)

Classification: Regular

Open to 9, 10, 11, 12

Credit 1 RW

Students will have the opportunity to explore interests in the diverse field of the sports industry. This includes officiating (pursuing Carmel Dad's Club and IHSAA certifications), coaching, sports management including sports marketing, sports psychology, strength and conditioning coaching/personal training and management in the park and recreation field. Students will also learn the process of implementation of new events, teams and opportunities for the community while learning how to develop promotional campaigns with professional resumes.

IB SPORTS, EXERCISE AND HEALTH SCIENCES (3510)

Classification: IB

Credit: 2 semester course, 1 credit earned per semester (1 year course), Full Weight

Prerequisite: Health and Wellness or Interpersonal Relationships

Recommended Prerequisites: Sports Medicine I & II or Anatomy & Physiology, or PLTW: Human Body Systems

IB Sports, Exercise, and Health Science Standard Level involves the science that underpins physical performance and allows students opportunities to apply these principles both through inquiry and experimentation (field and laboratory). Topics covered include anatomy, exercise physiology, energy systems, movement analysis, skill in sport and measurement, and evaluation of human performance. Students are required to do in-depth study of two of the following options: optimizing physiological performance, psychology of sport, physical activity and health, and nutrition for sport, exercise, and health. Students taking this course will also address issues and ethics on an international scale by considering sport, exercise, and health within a global context relevant to the individual. The course is based on the curriculum published by the International Baccalaureate Organization. Curriculum and assessments within this course are designed to prepare students for International Baccalaureate's evaluation of their work. While it is not required that students take the IB Sports, Exercise, and Health SL exam, students will be prepared for that end goal.

APPLIED HEALTH AND WELLNESS EDUCATION (3506)

Applied Health & Wellness, a course based on Indiana's Academic Standards for Health & Wellness and provides the basis to help students adopt and maintain healthy behaviors. Health education should contribute directly to a student's ability to successfully practice behaviors that protect and promote health and avoid or reduce health risks. Through a variety of instructional strategies, students practice the development of functional health information (essential concepts); determine personal values that support health behaviors; develop group norms that value a healthy lifestyle; develop the essential skills necessary to adopt, practice, and maintain health-enhancing behaviors. This course includes the application of priority areas in a planned, sequential, comprehensive health education curriculum. Priority areas include: promoting personal health and wellness, physical activity, and healthy eating; promoting safety and preventing unintentional injury and violence; promoting mental and emotional health, a tobacco- free lifestyle and an alcohol- and other drug-free lifestyle; and promoting human development and family health. This course provides students with the knowledge and skills of health and wellness core concepts, analyzing influences, accessing information, interpersonal communication, decision-making and goal-setting skills, health-enhancing behaviors, and health and wellness advocacy skills. Counts as an Elective or Health & Wellness requirement for the Certificate of Completion

CLASSIFICATION: Regular

Open to 9, 10, 11, 12

Applied units: 2 maximum