

Physical Education & Health

Cheryl King, Physical Education & Health Chair/PE & Health Teacher/ V. Bocce and JV Softball Coach/ Archery Instructor

Beth Hagler, Assistant Athletic Director/Athletic Trainer



The Academy of the
HOLY CROSS

Courses Offered

Requirements: 1.5 credits

All the courses offered in the Physical Education department are semester courses that will provide a .5 credit upon completion.

*Health

*Physical Education I

Physical Education II

Physical Education III

Jazz/HipHop

Modern Dance

Musical Theater

Introduction to Sports Medicine



Facilities

Turf Field

In 2015 Ridgway field added more flexibility for outdoor classes and games, a step up in the competition, and college-level facilities gave us the opportunity to strive in the area of athletics and physical education.

Fitness Center

The recently updated fitness center is equipped with all the tools to cater to every tartan's fitness goals. From free weights and resistance band to medicine balls, plyo boxes and so much more. The isotonic exercises and static strength training allows our students to grasp an understanding of a proper workout and experience true results from their hard work.



Gymnasium

Home to our Tartan Basketball and Volleyball teams also provides the space where our Physical Education I, II and III classes meet. With all these options available our PE classes have a broad range of activities every student can experience in their years at the Academy.



Grass Fields

Availability for use by JV Softball, Cross Country, Golf, Indoor and Outdoor Track for practices and competitions.

Dance Studio

A designated space for our tartans to express their creative side of movement. Our amazing studio is equipped with state-of-the-art floors and floor length mirrors to check for proper alignment and technique.

What Makes Us Special

Our Students, Of course!

Our students are the core of our curriculum. Meeting the needs of all Holy Cross students is this department's goal! Physical Education is for all students and everyone should be leaving these courses feeling successful and have a better understanding of physical education and how it applies to them specifically. Providing the learners with new opportunities and movement concepts they want to apply to their daily lives.

Women's Self-Defense/Dating Abuse

Safety and awareness are topics our girls explore in the PE II unit self-defense. This is a course that brings deeper thought in personal safety and awareness. We address travel and apartment safety, dating abuse and domestic violence, consent and physical self-defense techniques.



Introduction to Sports Medicine

Requirements

Juniors and seniors are permitted to take the course. There are no prerequisites for the course. It is beneficial to have an interest in the medical field or biology.

Learning Objectives and Outcomes

Recognition, evaluation, and acute care of some of the more common injuries. Have a general understanding of nutrition and fitness testing on the impact of athletic performance. Be able to develop a beginning rehabilitation program. Learn taping techniques.

General Information

Many of the topics require hands on and interactive activities.



Athletic Training

Beth Hagler



Athletic Training

What's an Athletic Trainer?

Healthcare professional who renders services or treatment, under the direction of or in collaboration with a physician, in accordance with their education and training and the state's statutes, rules and regulations. Provides primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and diagnosis, therapeutic intervention, and rehabilitation.

Why utilize the Athletic Trainer?

Free treatment and evaluation. Ability to be seen by an orthopedist sooner. Guidance with questionable pains or ailments.

Can a non-athlete receive care?

Absolutely! An athletic trainer can treat anyone. Athletes, non-athletes, faculty and staff, etc.

ATHLETIC TRAINER

(-noun.)

1. A **person** who **tapes things** you can't
2. One who does **precision guess work** based on **unreliable** data provided by those of **questionable knowledge**.

See also *wizard, magician*

Sports Medicine

Treatment Table

Utilized for completion of non-weight bearing exercises, dehydration and heat illness recover, etc.

Taping Table

Provide external support for an injury at the final stages of healing to return to participation. Location to provide first-aid techniques

Therapeutic Exercise

Assist in the healing and active recovery process. From balance and proprioception to range of motion, strength and endurance.

— I'M AN —
**ATHLETIC
TRAINER**
I DON'T STOP
WHEN I'M
TIRED
I STOP WHEN I'M
DONE



Sports Medicine

Therapeutic Modalities

Hot and Cold treatments - ice bath, ice packs, GameReady Machine (compression and ice combination), hot packs.

Electrical stimulation and Ultrasound Machine - for pain, muscle re-education and to assist in the healing of damaged fibers.

AED/First-Aid

Materials from band-aids and neosporin to ice, bracing, splinting. AED certified in the case of a cardiac episode.

Concussion Testing and Management

XLNTbrain provides us with baseline and post-injury testing.



EMPOWERED *girls*

Cheryl King

Physical Education and Health Chair

Beth Hagler

Athletic Trainer, Assistant Athletic Director
Introduction to Sports Medicine Teacher