

HEALTH & PHYSICAL EDUCATION

Course Code: 60492X0C

Fee (if applicable): n/a

Offered at: All High Schools

Grade(s): 9,10,11,12

Prerequisite: None

Health and Physical Education is a required course offered during the freshman year. The Health Curriculum consists of life skills that will help students in coping with daily situations. These skills include: wellness, mental health, nutrition, relationships, family life, CPR, stress management, as well as the negative effects of tobacco, alcohol, and drug use. Physical Education Units are planned to enhance each of the four components of health related fitness; cardiovascular endurance, strength and muscular endurance, flexibility, and body composition. Units of individual and team sports will be included as well. Students will be given the opportunity to earn American Red Cross certifications in CPR/First Aid/AED. Furthermore, this class will prepare students for the successful completion of further certification in Certified Personal Trainer (CPT), and Certified Strength and Conditioning Specialist (CSCS) and will provide students with the knowledge for entrance into the college program of Athletic Trainer-Certified (ATC).