

PHYSICAL EDUCATION

COURSE TITLE	PREREQUISITE	GRADE LEVEL	SEMESTER OR FULL YEAR	CONTENT
Lifelong Fitness PE3200*/**	None	9-12	Semester or Full Year	This course is required for graduation but may be taken any time during the four years. This course will provide an opportunity for students to participate in a fitness program that emphasizes personal development in a noncompetitive environment. Promotion of cardiovascular fitness, flexibility, resistance training and body toning through development of individual fitness plans based upon student interests and goals will serve as the basis for this course. By taking this course students will learn lifelong fitness skills using technology as a means for monitoring and assessing improvement. Health issues related to physical well-being will be explored throughout the course.
Conditioning & Weight Training PE4210**	Lifelong Fitness	9.5-12	Semester or Full Year	This course is designed for second semester freshmen, sophomores, juniors and seniors who want to improve their aerobic and anaerobic fitness level with an emphasis on running and resistance training. Resistance training may include conditioning with weight machines, free weights, calisthenics, medicine balls, plyometrics, stretch cords and other specialized equipment. Students may also be taught how to design their own individualized conditioning program to meet their individual goals and interests.
Team Sports PE4220**	Lifelong Fitness	9.5-12	Semester or Full Year	Designed for students who want to improve their fitness level through an emphasis on team sport activities. These activities may include soccer, volleyball, basketball, team handball, floor hockey, softball, whiffle ball, tennis, paddleton, Frisbee games and various others.

*Required for graduation but may be taken any time during the four years. This course is the prerequisite for all other physical education classes.

**Students may elect the full year OR only one of the two semesters.

HEALTH

COURSE TITLE	PREREQUISITE	GRADE LEVEL	SEMESTER OR FULL YEAR	CONTENT
Health/Wellness HE3200	None	9-12	One Semester	<p>The class will include the following topics:</p> <ul style="list-style-type: none"> • Examining health and wellness • Promoting lifelong fitness • Understanding nutrition • Determining influences on emotional well-being and mental health • Promoting a lifestyle free from alcohol/drug abuse and misuse • Exploring relationships • Examining the human life cycle, including sex education and birth control with an emphasis on sexual abstinence

All materials for the Human Life Cycle unit will be selected and approved in compliance with district policies regarding the teaching of sex education and birth control.

The Human Life Cycle unit within the Health/Wellness course is an optional unit and parents may excuse their student. A form to excuse a student from the unit will be provided via a parent letter. An alternate unit will be offered for students opting not to take the Human Life Cycle unit. If a parent does not want his or her child to participate in the course, the building administration will work with the family to develop an alternate way for the student to meet the graduation requirement. See your high school principal for additional information.

Students will have the grading option of Pass/Fail, Incomplete, in addition to the traditional A, B, C, D, and E grades.

HEALTH SCIENCE

COURSE TITLE	PREREQUISIT E	GRADE LEVEL	SEMESTER OR FULL YEAR	CONTENT
Health Care & Technology 1 HE5200	None	11, 12	Full Year	Human Anatomy and Physiology must be taken concurrently with this course. Recommended for any student interested in pursuing a career in health care. This course will provide students with a basic background in a variety of areas of health care. In partnership with the MidMichigan Medical Center-Midland, students will focus on the National and Michigan Health Science Skill Standards and students will learn the core tasks for each. Students will be involved in Job Shadowing experiences and volunteer work at various area medical facilities. Some of the common health concepts to be covered include medical ethics, safety, supplies and equipment, ASEPSIS, medical terminology, emergency procedures, transporting patients, communication, and patient hygiene, care and comfort. Students will also cover career planning and employability skills.
Health Care & Technology 2 HE6200 Dual Enrollment Delta College	Human Body Systems A, HCT1. Must meet health requirements. Entrance based on application process. 3 hours	12	Full Year	Students who successfully complete HCT 1 and Human Body Systems A and meet the program entrance criteria, may dual enroll at Delta College for 12 hours of college credit (7 credits – 1st semester; 5 credits – 2nd semester). This will equate to 2 high school elective credits (1 per semester). Classes will be held at the Delta College Midland site. This course meets the requirements for work-based learning placement at MidMichigan Medical Center-Midland. Students must provide their own transportation. This course meets the requirements for 4 th year related math. See HCT1 teacher or CTE coordinator for more information.
Health Care & Technology Work-based learning CO6200 1 st sem CO6210 2 nd sem	Human Body Systems A, HCT1. Must be taken concurrently with Health Care & Technology 2. 3 hours	12	Full Year	Health Care & Technology 2 students may be placed in a medical/health care facility based on their selected career cluster if established criteria are met. Students will work a minimum of 15 hours per week. A "mentor" in the selected health field, who will evaluate the student's work experience, will supervise their work. Students will learn the skills necessary to gain full-time employment in their area of expertise and/or be placed in a post-secondary school of their choice.