

## HEALTH EDUCATION/PHYSICAL EDUCATION

### HEALTH EDUCATION

#### One-half Credit

**One-half Year**

This one semester course is required by New York State and recommended for sophomores. For additional information about the Health course, consult the Health Education Department or the Guidance Department.

The Teenage Health Teaching Modules will now be used as our core curriculum. The units to be covered are:

- Introduction to Health and Wellness
- Fitness and Nutrition
- Mental Health
- Drugs & Alcohol
- Human Sexuality

**NOTE:** Portions of the Understanding Sexuality and Preventing AIDS units can be elective units of study. Parents/Guardians may request, in writing, exclusion from parts of these units by contacting the building principal. Students not taking these units of study will be provided with supplemental work.

### MINDFULNESS

#### One-half Credit

**One-half Year**

Mindfulness is a health elective which focuses on stress management, coping with life's daily demands, improving self-focus and engaging in guided and individual meditation. This course also allows students to learn about the health benefits of practicing mindfulness daily, and the long-term improvements it has on the human brain. Students will also explore and participate in activities that are proven to decrease anxiety and stress.

## PHYSICAL EDUCATION DEPARTMENT

The following courses are conducted utilizing appropriate classes and specially designed courses of study for students. The content of the program is geared to involve students in individual and dual sports activities in an effort to foster lifetime sports participation and a healthy lifestyle. The goal of the program is to develop the individual aspect of growth – physically, mentally, emotionally, and socially. Classes meet on day A or day B.

### INTRO TO PE - Grade 9

#### One-half Credit

**One Year**

A course designed for freshman students which provides the opportunity to experience a sampling of units from the curriculum. The shortened units are skill based and focus on the development of basic sport, fitness and social skills. Proper attire required.

### PHYSICAL EDUCATION – Grade 10, 11, 12

#### One-half Credit Per Year

**Two Years**

A course designed for sophomore, junior and senior students which provides opportunity for the selection and exploration of team sports such as Basketball, European Handball, Floor Hockey, Softball, Tennis, Touch Football, and Volleyball. Students will also have the opportunity to participate and explore individual sports and fitness activities such as Badminton, Jogging, Step Aerobics, Yoga, and Personal Fitness in the Weight Room. Appropriate attire required.

**B & G SOCCER OFFICIATING COURSE – Grade 12****One-half Credit****One-half Year**

The Soccer Sports Officiating Course is a Physical Education Course for seniors interested in obtaining certification as a soccer official. Students will learn the rules of soccer and proper officiating mechanics. Students participating in this course will be prepared and have a better understanding of the role and responsibilities of a soccer official. Upon completion and passing of the class, students will qualify to sit and take the Nassau County Section VIII BOCES Soccer Officials Written Exam. Director for Physical Education must approve students' enrolment in this course.

**VOLLEYBALL OFFICIATING COURSE – Grade 12****One-half Credit****One-half Year**

The Volleyball Sports Officiating Course is a Physical Education Course for seniors interested in obtaining certification as a volleyball official. Students will learn the rules of volleyball and proper officiating mechanics. Students participating in this course will be prepared and have a better understanding of the role and responsibilities of a volleyball official. Upon completion and passing of the class, students will qualify to sit and take the Nassau County Section VIII BOCES Volleyball Officials Written Exam. Director for Physical Education must approve students' enrolment in this course.