

PE



Physical Education

BEGINNING KINESIOLOGY (9)

BPE/GPE

CREDITS: 1.0

PREREQUISITE: None

Kinesiology is the study of human movement, examining the mechanics, anatomy, and physiology of motion to improve function, prevent injury, and promote overall health. In this class, students are introduced to these concepts and how to interpret them on the high school athletic level, focusing on health, conditioning, and fitness, paired with the ideals of sportsmanship and safety for an overall well-rounded exposure to the topic.

There are four ways for students to receive Beginning Kinesiology credit:

- year-long beginning kinesiology class
- online ACCESS class (see Page 5)
- Band/Color Guard
- kinesiology lessons in Varsity Athletics Class or Strength & Conditioning and pass a test at 80% signed off by principal for a .5 credit per semester.

LIFE SPORTS: Individual, Dual & Team (10-12)

LS

CREDITS: 0.5

PREREQUISITE: Beginning Kinesiology

Students learn foundational motor skills, game strategies, historical backgrounds, and terminology to encourage lifelong physical activity and wellness. Additionally, principles of weight training, and cardiovascular conditioning are introduced. Free weights, aerobic, and anaerobic activities/sports are used to develop strength, muscular endurance, and flexibility.

STRENGTH & CONDITIONING (9-12)

STRENGTH COND

CREDITS: 0.5

PREREQUISITE: Beginning Kinesiology

This course is designed for the single and multiple-sport student athlete who participates in Junior Varsity and Varsity team sports. The class emphasizes strength and conditioning for in-season and out-of-season sports. This course is designed to minimize the time required for before and after school workouts.

VARSITY ATHLETICS (9-12)

ATHLETICS

CREDITS: 0.5

PREREQUISITE: On John Carroll Sports Team, and Beginning Kinesiology or Be in process of earning Beginning Kinesiology credit while taking this class.

This course is designed for the single and multiple-sport student athlete who participates in JCCHS athletics team. The class is offered for the following sports:

Fall - cheer, cross country, football

Sinter - boys basketball, girls basketball

Spring - baseball, boys soccer, golf, softball, tennis, track

HEALTH EDUCATION (10-12)

HEALTH

CREDITS: 0.5

PREREQUISITE: None

Health Education encompasses the eight anchor standards with the ultimate goal of successful application and mastery of health-enhancing skills. Health education is addressed in a way that allows students to obtain and interpret basic health information and apply it effectively to their daily lives as they deal with such issues as bullying, substance abuse, mental health, and sexual activity. Students are encouraged to become health-literate and self-directed learners while establishing a basic understanding of health promotion and disease prevention.

Health instruction leads high school students to understand basic concepts of health literacy. Students develop skills for accessing health information, products, and services to meet current and future health needs. They also distinguish between positive and negative impacts of family, culture, mass media, and technology on health. In addition, students gain knowledge of global environmental issues, learn to administer cardiopulmonary resuscitation (CPR) and other first aid procedures, and gain an understanding of the importance of recognizing, avoiding, and reporting types of abuse.

VIRTUAL ALTERNATIVE CREDIT

As an alternative to Beginning Kinesiology and Health Education taken during the school day, students may take either course through Alabama ACCESS Virtual Learning over the summer. This class would be taken on the student's time during the summer, and the student must come to the school to take health tests. After successful completion of the course and submission of the transcript to the John Carroll registrar, students will receive the health credit required for graduation. (ACCESS courses will incur a \$100 registration fee).