

PHYSICAL EDUCATION

All students are required to participate in Physical Education for the entire school year. Students may only be excused from participation in these classes by a physicians request. Students not physically participating will be required to complete alternative written assignments as determined by the instructor.

- 8101 PHYS ED/HEALTH 9.....5 credits**
- 8201 PHYS ED/HEALTH 10.....5 credits**
- 8301 PHYS ED/HEALTH 11.....5 credits**
- 8401 PHYS ED/HEALTH 12.....5 credits**

Both present and future physical and recreational needs of students are met through:

1. Participation in a wide variety of physical activities that will lead to the development of coordination, strength, skills and endurance.
2. Participation in a variety of physical activities having continuing lifetime values.
3. Experiences designed to develop knowledge, understanding and attitudes which result in desirable practices necessary to maintain physical, social, emotional, and mental health.

Evaluation will be based on participation, skill testing and written test.

1. To develop personal fitness and to emphasize its value in the efficient performance of everyday activity.
2. To encourage an appreciation of recreational activities that will carry over value for leisure time.
3. To provide principals of good sportsmanship which build and develop desirable modes of behavior and character.
4. To encourage desirable health habits.
5. To aid in the psychological development of the student by providing social achievement.
6. To develop a sense of pride and self-respect through physical development and achievement.

HEALTH

All students receive one marking period in Health Education each year. The unit includes Family Life, Driver, Education, Personal Health and Adult Living. Any pupil whose parent or guardian presents a signed statement that any part of the instruction is in conflict with his/hers conscience or sincerely held moral or religious beliefs shall be excused from that portion of the instruction. An alternative assignment will be determined by the department supervisor in conjunction with the student.

FAMILY LIFE-GRADE 9

This course consists of an in-depth look at Drug Use and Abuse, Death and dying, Cardio-pulmonary Resuscitation, and Family Living (Dating, Pregnancy, Birth control, and STDs). The essential material and culminating facts to understand the basic anatomy and physiology of the human body are reviewed in order to have the student develop a mature outlook. The textbook "Teen Healthy" is used to assist the instructor in presenting the information. Evaluation will be based on notebook, test/quiz, class participation, homework/projects, and final exam.

Minimal proficiencies which students must master to receive credit for this course are:

1. Develop thinking skills for problems that can occur in a family and to be able to deal with these problems.
2. Develop awareness of STD's including AIDS in today's society and be able to avoid them.
3. Develop awareness of the available community services.
4. Develop and understanding of how heredity and environment effect growth and development.
5. Develop skills in interpreting emotions connected with the death of a loved one.
6. Develop an understanding of the decisions which have to be made when a death occurs.
7. Develop awareness of the physiological and psychological effects of drugs, tobacco, and alcohol.
8. Develop skills in administering Cardio-Pulmonary Resuscitation.
9. Develop an understanding of Positive Mental Health.

DRIVERS ED-GRADE 10

The Driver Education Program is a two phase process. The first phase consists of thirty hours of classroom instruction in driver training. The second phase students may elect to participate (at a cost set by the Board of Education) provided they have successfully completed phase I and the State Driving Test. Students shall be scheduled based on age (the oldest is given priority and according to teacher availability, as well as the availability of the car. The textbook "Defensive Driving" will be used along with the State Manual. Evaluation will be based on notebook, test/quiz, class participation, homework/project, and final exam.

Minimal proficiencies, which students must master to receive credit for this course are:

1. Develop the skills necessary to safely operate a motor vehicle.

2. Develop the knowledge regarding traffic laws and regulations to reduce accidents and injury.
3. Develop the skills and knowledge necessary to become a safe and defensive driver under all possible driving conditions including rural, urban, and expressway.
4. Develop practical knowledge regarding normal car maintenance.
5. Apply reasoning skills to make appropriate decisions regarding substance use and motor vehicle operation.
6. Identify skills, education and training necessary to achieve career goals.

PERSONAL HEALTH-GRADE 11

This course is designed to increase the students level of personal health. Accurate and up-to-date information will be given in the areas of drug education, mental health, and community health. The textbook "Health A Wellness Approach" is used to assist the instructor in presenting this information. Evaluation will be based on test/quiz, class participation, homework, projects, and final exam.

Minimal proficiencies which students must master and receive credit for this course are:

1. Develop the knowledge needed to maintain a healthy environment.
2. Develop the skills needed to identify and locate needed community agencies.
3. Develop the knowledge needed to identify and prevent infectious and sexually transmitted diseases.
4. Develop the knowledge needed to reduce the risk of heart disease.
5. Develop healthy attitudes about substance abuse, including cocaine and alcohol use, misuse, and abuse.
6. Develop positive stress management skills.
7. Develop the knowledge needed to identify a suicide crisis and the information necessary to get help for self or other.
8. Develop the knowledge needed to become a wise, healthy, and safe consumer.

ADULT LIVING-GRADE 12

This course gives the student an in-depth look at family living/personal relations, drug and alcohol education, health careers, and community health. It is designed to increase the level of personal health, produce the most accurate and up-to-date information that will enable students to make decisions regarding health and adult living that is best for them and their environment, and provide knowledge that will affect attitudes and lead to positive changes in the modification of the student's behavior. Evaluation will be based on test/quiz, class participation, homework/projects, and final exam.

Minimal proficiencies which students must master to receive credit for this course are:

1. Development of survival of life skills.
2. Develop positive self-esteem and self-confidence concerning their sexuality.
3. Apply skills to develop good social and personal relationships such decision making, communications, and refusal skills.
4. Develop a greater awareness of mature and responsible behavior.
5. Develop knowledge and skills in wisely selecting healthy relationships and marriage partner.
6. Develop a greater desire to develop emotional maturity in preparation for a good marriage and good parenting.
7. Progressively develop responsible behavior, positive self-esteem, and respect for others as they make decisions involving the use of their sexual freedom.
8. Develop knowledge and skills to deal more positively with adult situations and crisis.
9. Appreciate and relate an altruistic attitude in human relationships.