



Academic Course Catalog  
2009 - 2010

Physical Education  
Department

Current As Of: 4/6/09

## PHYSICAL EDUCATION DEPARTMENT

### PHYSICAL EDUCATION 9-8510

.5 credit

This course teaches the importance of physical fitness, introduction to volleyball and square and line dancing. Student coordination, cardiovascular endurance, eye-hand coordination, speed, agility, rhythmic abilities and general social attitudes are developed in this program.

### PHYSICAL EDUCATION 10-8520

.5 credit

This course deals with introduction to basketball, soccer and track and field. Skills such as speed, agility, endurance, flexibility, balance, strength and coordination are emphasized.

### PHYSICAL EDUCATION 11-8530

.5 credit

Speedball, badminton and Yoga/Core ball exercises are taught in this course. Fitness skills such as toning and strengthening, cardiovascular endurance, speed agility flexibility, coordination and overall body awareness are emphasized in this program as well as sportsmanship and leadership.

### PHYSICAL EDUCATION 12-8540

.5 credit

In senior year students may choose three or four areas that they would like to cover. These activities include soccer, volleyball II, basketball II, aerobics/weight training, flag football, fitness, track and field, speedball, badminton, step aerobics, social dance

### SPORTS OFFICIATING-8543

.5 credit

Students will be taught the rules, officiating mechanics and officiating philosophy for basketball (men's and women's) and baseball and softball. Texts for the class will be the official rules and officiating manuals for these sports. Students will also learn how to keep score for both sports and learn to keep the time for basketball. At the end of the course, successful students who wish to pursue sports officiating, will be put in touch with local officiating associations. This course does not count as a Physical Education credit. Class size is limited to 20 students.

### ADVANCED PHYSICAL EDUCATION-8542

.5 credit

Students will learn skills needed to assist teachers in the Physical Education foundation 9-12. Skills include organization, teaching skills, effective planning and some officiating. Program is subject to approval by Physical Education Department. This counts as your Physical Education credit. Approval by physical education teacher is required. In addition to assisting teacher, students will be required to meet before school once a week.

SKIING-8547

.5 credit

This course allows students to acquire a knowledge and appreciation for skiing or snowboarding and to enable students to enjoy a lifetime activity. Skills taught on site at Mt. from beginning to intermediate. This course will help develop self-confidence, relaxation, sense of appreciation toward oneself and peers. Class will meet one day a week in the gym after school for 45 minutes to do physical work and it is mandatory that each student attend 3 day trips. Additional cost is approximately \$340.00. This **does count** as a Physical Education credit.

GOLF-8600

.5 credit

This class teaches students the basic skills for golf and gives them knowledge needed to play the game. It introduces a lifetime activity to students. Students develop a better understanding of the game, improve eye-hand coordination, flexibility, focus, strength and body awareness. Class meets two times a week for the entire year in the gym. Students must be prepared in physical education uniform. Additional time will be spent at the driving range.

WEIGHT TRAINING-8544

.5 credit

This course involves working in the weight room to help strengthen and tone various muscles in the body and use of machines properly to help lead students toward the achievement of fitness objectives. This course will aim to teach students proper techniques lifting weights and building strength, flexibility, muscle tone, stamina and cooperation and respect toward others. Class will be limited to 15 students per class. This counts as your Physical Education credit.

FIRST AID/SAFETY/CPR-8546

.5 credit

Course is designed to provide students with knowledge and skills necessary to perform basic first aid and CPR, and to respond appropriately in an emergency. Class will meet for one semester in classroom. Student will receive American Red Cross certification cards for First Aid and CPR when successfully completing the course. This is an elective class, and **does not** count toward required Physical Education credit.

YOGA/PILATES-8550 - Juniors/Seniors

.5 credit

This course will teach students the different types of Yoga and basic poses in Yoga and Pilates. The course is designed to teach stretching techniques that will help students become more flexible, stronger, gain muscle tone, relieve stress and an overall better body physically, mentally and spiritually. Teaches students how to focus better and to give students a more positive attitude of themselves as well as seeing others in a more positive way. Pilates is an exercise method that relies on strengthening core muscles and develops good body alignment. Improves total body strength, flexibility, balance and posture.

DANCE-8702 - Juniors/Seniors

.5 credit

Class meets twice a week for the entire year. This counts as Physical Education credit.