

# Health and Physical Education

(one credit required)

## Health

This course is designed to enhance the awareness and knowledge of healthy lifestyle choices. Health is a semester course that will guide students through the many dimensions of wellness. This course will target adolescent risk behaviors such as tobacco use, dietary patterns that contribute to disease, sedentary lifestyles, alcohol and drug use, sexually transmitted diseases, mental and emotional health, nutrition, and behaviors that result in intentional and unintentional injury. This course is a graduation requirement.

## Physical Education I

This course provides the student with the opportunity to participate in a wide variety of physical activities. The course helps the student increase physical fitness and learn basic skills of individual and team sports.

This course is a graduation requirement.

## Fitness and Conditioning for Men (PE II)

## Fitness and Conditioning for Women (PE II)

The course emphasizes various training concepts, methods, principles and techniques to weight training, as well as, many aerobic/anaerobic activities to improve both cardiovascular endurance and cardiovascular strength. This course was developed to meet the needs of young students who wish to learn how to train the body and achieve specific and measurable fitness goals. This class will be open to all 10th, 11th, and 12th grade students that have already passed freshman P.E. Students may take up to six semesters of this course.

Students may register for the course in either fall or spring semester.

*Prerequisite: Successful completion of Physical Education I*

## Movement, Mindfulness, and Meditation (PE II)

This semester class is for both males and females and will explore the connection between the body, breath, and mind. We will learn the correct body alignment for postures and different breathing techniques. We will also introduce and practice mindfulness and meditation. All of these practices have been scientifically proven to reduce anxiety, stress, and inflammation responses in your body.

*Prerequisite: Successful completion of PE 1*