

# PHYSICAL EDUCATION & HEALTH DEPARTMENT

## Senior High School



Arts & Communications



Business, Management Marketing & Technology



Health Science



Engineering/Manufacturing & Industrial Technology



Human Services



Natural Resources & Agriscience

VPAA – Meets Visual, Performing & Applied Arts Requirement

OLE – Meets Online Learning Experience Requirement

GR/MMC – Meets Graduation Requirements based on Michigan Merit Curriculum

C – Commitment Form

21F – Course Available through Section 21F: Expanded Virtual Learning

\*CAREER ZONES - Broad groupings of careers that share similar characteristics and whose employment requirements call for many common interests, strengths, and competencies.

### **AEROBICS** (GR/MMC) – M161

9, 10, 11, 12

0.5 credit

This class includes body movement and exercising to music. Floor work, step aerobics, resistant bands, jump ropes, light hand weights and water aerobics may be included. Exercising in a fun and non-competitive way, students receive instruction in weight management, stress reduction, cardiovascular activities, and physical fitness assessment.

It is understood that fitness is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

*\*Course content may address skills pertaining to these potential Career Zones: Health Sciences, Human Services*

### **CONDITIONING FOR ATHLETES** (GR/MMC/C) – M111/M112

10, 11, 12

0.5 credit

This course is offered to students participating in the athletic program who wish to maximize their total fitness. Power lifting, skill training and their relationship to athletics are practiced and assessed. Physical fitness levels may be assessed.

It is understood that fitness is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

*\*Course content may address skills pertaining to these potential Career Zones: Health Sciences, Human Services*

**DANCE** (VPAA/GR/MMC) – M060 10, 11, 12 0.5 credit

This course offers a variety of rhythmic activities, technique exercises, and basic movement exploration. Students create dance routines and do simple choreography. Fitness routines relative to dance movements are performed periodically. Physical fitness levels may be assessed. It is understood that skill building and fitness is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

*\*Course content may address skills pertaining to these potential Career Zones: Arts & Communications, Health Sciences, Human Services*

**FIRST AID AND SAFETY** – M200 10, 11, 12 0.5 credit

This first aid course provides knowledge useful in handling accidents and illnesses. Artificial respiration, cardiopulmonary resuscitation, and emergency choking procedures are taught. Students may earn certification in American Red Cross First Aid and Cardio-Pulmonary Resuscitation. **Does not meet Michigan Merit Curriculum for Health credit.**

*\*Course content may address skills pertaining to these potential Career Zones: Engineering/Manufacturing, and Industrial Technology, Health Sciences, Human Services*

**HEALTH AND WELLNESS** (GR/MMC) – M010 **REQUIRED CLASS** 9, 10, 11, 12 0.5 credit

This one semester required course is to be taken in ninth or tenth grade and provides students with information that will enable them to make healthy decisions, define wellness, and deal with various health problems. Topics include community health services, substance abuse, mental health, chronic and communicable diseases including AIDS and other STD's, personal safety, reproduction, and human growth and development.

*\*Course content may address skills pertaining to these potential Career Zones: Health Sciences, Human Services*

**LEARN TO SWIM** (GR/MMC) – M031 9, 10, 11, 12 0.5 credit

Course offered at Eisenhower and Henry Ford II

This class is for those students who require instruction in the basic strokes of swimming and aquatic skills necessary to participate in and around water. The goal is to increase a student's ability to swim with confidence. Basic water safety and boating safety skills are introduced.

*\*Course content may address skills pertaining to these potential Career Zones: Health Sciences, Human Services*

**LIFEGUARD TRAINING** (GR/MMC) – M040 10, 11, 12 0.5 credit

Course offered at Eisenhower and Henry Ford II

**PREREQUISITE:** Students must be 15 years old by completion of the class and have American Red Cross Swimmer's Skills

This course follows the American Red Cross lifesaving and water safety program. The following certifications are issued to students who meet American Red Cross standards of proficiency: CPR for the Professional Rescuer and Lifeguard Training.

*\*Course content may address skills pertaining to these potential Career Zones: Human Services*

**LIFETIME LEISURE ACTIVITIES** (GR/MMC) – M120 10, 11, 12 0.5 credit

This course stresses individual sports as activities that can be used for recreation throughout life; students will be better equipped to maintain a healthy lifestyle. Activities may include: archery, tennis, badminton, paddle ball, volleyball, table tennis, golf, bowling, shuffleboard, Pickle Ball, and All-ball. Physical fitness levels may be assessed.

It is understood that skill building is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

*\*Course content may address skills pertaining to these potential Career Zones: Health Sciences, Human Services*

**OFFICIATING TEAM SPORTS** (GR/MMC) – M140 11, 12 0.5 credit

This course is for the student who has an interest in officiating. The class is run in conjunction with the MHSAA (Michigan High School Athletic Association's) Mentor Program. Students gain knowledge of the rules and game management procedures and their proper application to the sports of softball/baseball, basketball, volleyball, and football. Instruction is intended to prepare students for state certification.

It is understood that skill building is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

*\*Course content may address skills pertaining to these potential Career Zones: Human Services*

**PERSONAL FITNESS FOR LIFE** (GR/MMC) – M180 10, 11, 12 0.5 credit

Students participate in an aerobic and anaerobic circuit in a health club atmosphere. Participation includes exercising on single-station resistance machines and aerobic activities such as cycling, jumping rope, or jogging. The students gain knowledge of how to increase or maintain cardiovascular endurance, control of body weight, increase strength and flexibility, and design a stress-management program. Monitoring of each student's program and level of fitness is an integral part of the program.

*\*Course content may address skills pertaining to these potential Career Zones: Health Sciences, Human Services*

**PHYSICAL EDUCATION 9** (GR/MMC) – M020 9 0.5 credit

By participating in team and lifetime activities, students will better understand that physical activity is an important part of a healthy lifestyle. Students will learn the rules, skills, strategies, and etiquette appropriate for each activity. Activities may include soccer, speedball, flag football, field hockey, badminton, racquetball, team handball, volleyball, basketball, floor hockey, other recreational activities, and aquatics. Students participate in aerobic activities and each student's individual level of physical fitness is assessed. This class may not be repeated for multiple credits and no student may take the class for more than one class period in any given semester.

*\*Course content may address skills pertaining to these potential Career Zones: Health Sciences, Human Services*

**SWIM FOR FUN AND FITNESS** (GR/MMC) – M032 9, 10, 11, 12 0.5 credit

Course offered at Eisenhower and Henry Ford II

PREREQUISITE: American Red Cross Swimmer's Skills or Completion of M031

This class is offered to swimmers who desire a higher level of instruction in water safety, water exercise, swim, and fitness for life. Students receive snorkel instruction and participate in aquatic games and swim competition.

It is understood that fitness is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

*\*Course content may address skills pertaining to these potential Career Zones: Health Sciences, Human Services*

**TEAM SPORTS FOR BOYS** (GR/MMC) – M110 10, 11, 12 0.5 credit

This class offers students the opportunity to develop and improve skills, maintain an appropriate level of fitness, and develop stress reduction techniques through the enjoyment of participation in team sports. Activities may include: volleyball, soccer, basketball, flag football, team handball, speedball, softball, floor hockey, and mass games. Physical fitness levels may be assessed.

It is understood that skill building is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

*\*Course content may address skills pertaining to these potential Career Zones: Health Sciences, Human Services*

**TEAM SPORTS FOR GIRLS (GR/MMC) – M100** 10, 11, 12 0.5 credit

This class offers students the opportunity to develop and improve skills, maintain an appropriate level of fitness, and develop stress reduction techniques through the enjoyment of participation in team sports. Activities may include: volleyball, soccer, basketball, flag football, team handball, speedball, softball, floor hockey, and mass games. Physical fitness levels may be assessed.

It is understood that skill building is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

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**WATER GAMES (GR/MMC) – M050** 10, 11, 12 0.5 credit

Course offered at Eisenhower and Henry Ford II

Prerequisite: Students must be able to tread water for five minutes and swim two lengths of the pool with proficient swimming skills.

This aquatic class provides students with exposure to lifetime recreational water activities. These include activities such as water polo, water basketball, water volleyball, mass water games, and swim competition. Fitness is promoted through strenuous water activities.

It is understood that fitness is an on-going process and that students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

*\*Course content may address skills pertaining to these potential Career Zones: Health Sciences, Human Services*

**WEIGHT TRAINING AND FITNESS (GR/MMC) – M171** 10, 11, 12 0.5 credit

This class offers an opportunity to investigate the importance of muscular strength and endurance in the overall picture of physical fitness. Students improve their total fitness using free weights, fitness testing, competitive games, circuit training, running, walking, aerobic activities, and obstacle courses. The emphasis is on the five components of fitness and how to improve upon them.

*\*Course content may address skills pertaining to these potential Career Zones: Health Sciences, Human Services*

**WEIGHT TRAINING AND FITNESS FOR GIRLS (GR/MMC) – M174** 10, 11, 12 0.5 credit

This class offers an opportunity to investigate the importance of muscular strength and endurance in the overall picture of physical fitness. Students improve their total fitness using free weights, fitness testing, competitive games, circuit training, running, walking, aerobic activities, and obstacle courses. The emphasis is on the five components of fitness and how to improve upon them.

*\*Course content may address skills pertaining to these potential Career Zones: Health Sciences, Human Services*

**ADVANCED WEIGHT TRAINING AND FITNESS (GR/MMC) – M173** 11, 12 0.5 credit

PREREQUISITE: Weight Training and Fitness or Weight Training and Fitness for Girls

This class offers an opportunity for students to develop and train in their own personal strength training regimen. Students will develop the skills and knowledge necessary to achieve their fitness and strength goals. Students will develop a sound nutrition program that will maximize the benefits of strength training and fitness. This class will develop an advanced knowledge of the physiology and mechanics of the body. Students will be tested in their strength, flexibility, cardiovascular fitness, and knowledge base.

It is understood that fitness is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

*\*Course content may address skills pertaining to these potential Career Zones: Health Sciences, Human Services*