

# Health & Physical Education

## General Information

Students are offered a comprehensive program by the Physical Education Department. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity and nutritional habits.

## Graduation Requirements

High school students will need to earn one and one-half (1.5) credits in Physical Education and one-half (.5) credit in Health. Freshman students are required to take one semester of 0801 Health and

<https://docs.google.com/document/d/15RMh4luUMPOvtPU-sz8OegTbbXXhImqVmWDykEShl08/edit#> and one semester of either 0802 Boys Fitness for Life or 0803 Girls Fitness for Life. Principal approval may allow these courses to be taken later if a conflict occurs. Both Health and Fitness for Life are required for graduation. An additional two elective physical education courses must then be taken to fulfill graduation requirements in Physical Education. It is recommended that students take only one physical education course per semester. After earning 1.0 unit of Physical Education credit, courses may be duplicated for elective credit.

All students enrolled in Physical Education courses are required to take the DESE Physical Fitness Assessment. Nutrition awareness and weight management will be addressed in every Physical Education course.

## Classroom Procedures

At the beginning of each course, the teacher will discuss expectations concerning the use and care of equipment, grading, safety, injuries, medical excuses, make-up, lockers, truancies, dress code, and personal hygiene stated in the Ferguson- Florissant School District's High School Physical Education Guidelines.

All students enrolled in Physical Education courses are required to follow the approved dress code for Physical Education. Lockers are provided for students to store clothing. Not participating in class will result in a reduction to the student's grade. Activities listed in the course descriptions are subject to change according to the size of enrollment, inclement weather, or availability of space. If students miss physical education classes, PE make-up is available to help students to progress academically. Students should see their instructor for a schedule of make-up times and days. Activity based homework is an integral part of course requirements in physical education classes.

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## Courses at a Glance

| Course Number                                 | Course Title                                    | Grade Level | Credits Earned | School   | Prerequisites Needed  |
|---|---|-------------|----------------|----------|---|
| 0801  | Health & Wellness                               | 9           | 0.5 Health     | All      | None  |
| 0802  | Boy's Fitness for Life                          | 9           | 0.5 PE         | All      | None  |
| 0803  | Girl's Fitness for Life                         | 9           | 0.5 PE         | All      | None  |
| The above courses are required for graduation |   |             |                |          |   |
| 0804  | Recreational & Lifetime Activities, Co-Ed       | All         | 0.5 PE         | All      | 0802 or 0803 Fitness for Life (9th grade 2nd semester only) |
| 0806  | Boys' Team Sports & Games                       | All         | 0.5 PE         | All      | 0802 or 0803 Fitness for Life (9th grade 2nd semester only) |
| 0807  | Girls' Team Sports & Games                      | All         | 0.5 PE         | All      | 0802 or 0803 Fitness for Life (9th grade 2nd semester only) |
| 0808  | Aerobics & Exercise                             | All         | 0.5 PE         | McC, McN | 0802 or 0803 Fitness for Life (9th grade 2nd semester only) |
| 0809  | Power Walking for Fitness                       | All         | 0.5 PE         | All      | 0802 or 0803 Fitness for Life (9th grade 2nd semester only) |
| 0810  | Boys Strength Training & Conditioning           | All         | 0.5 PE         | All      | 0802 or 0803 Fitness for Life (9th grade 2nd semester only) |
| 0811  | Girls Strength Training & Conditioning          | All         | 0.5 PE         | All      | 0802 or 0803 Fitness for Life (9th grade 2nd semester only) |
| 0812  | Outdoor/Adventure Pursuits                      | 11 12       | 0.5 PE         | All      | Fitness for Life  |
| 0814  | Advanced Co-Ed Strength Training & Conditioning | 10 11 12    | 0.5 PE         | All      | A or B in 0810 or 0811 Strength Training & Conditioning     |
| 0815  | Boys Beginning Aquatics                         | All         | 0.5 PE         | S        | 0802 or 0803 Fitness for Life (9th grade 2nd semester only) |
| 0816  | Girls Beginning Aquatics                        | All         | 0.5 PE         | S        | 0802 or 0803 Fitness for Life (9th grade 2nd semester only) |

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## Course Descriptions

**Course No:** 0801 Health & Wellness  
**Grade Level:** 9  
**Length:** Semester  
**Credit:** 0.5 PE  
**Prerequisite:** None  
**Description:** This comprehensive course provides exposure to a variety of health topics and contemporary issues that addresses the overall wellness of an individual. Topics include the structure and functions of the human body, mental health (social & emotional), personal and family wellness, nutrition, consumer health and safety, life management skills, disease prevention and control, injury prevention and safety, substance education, and environmental health.

**Course No:** 0802 Boys Fitness for Life  
0803 Girls Fitness for Life  
**Grade Level:** 9  
**Length:** Semester  
**Credit:** 0.5 PE  
**Prerequisite:** None  
**Description:** This required 9th grade course emphasizes the importance of physical activity and its benefits on health and quality of life. It combines the classroom with the physical activity setting to develop and enhance knowledge and application of various fitness components necessary for personal fitness program development. Students will engage in a variety of physical activity experiences with an emphasis on portfolio self-assessment, achievement, and maintenance or improvement of personal health-related fitness goals that will promote a lifetime of fitness. Students are required to take the Physical Fitness Test.

**Course No:** 0804 Recreational & Lifetime Activities-Co-ed  
**Grade Level:** All  
**Length:** Semester  
**Credit:** 0.5 PE  
**Prerequisite:** 0802 or 0803 Fitness for Life  
**Description:** This course includes a variety of recreational sports, games and activities that promotes a lifetime of physical fitness and personal enjoyment. Instruction emphasizes the exploration and development of skills, rules, strategies and knowledge of various recreational and lifetime activities as well as the health benefits received from each. Students enrolled may take field trips to enhance class instruction and off campus facilities may be used for enrichment activities. Students are required to take the Physical Fitness Test. Field trips may require students to pay a nominal fee.

**Course No:** 0806 Boys Team Sports & Games  
0807 Girls Team Sports & Games  
**Grade Level:** All  
**Length:** Semester  
**Credit:** 0.5 PE  
**Prerequisite:** 0802 or 0803 Fitness for Life  
**Description:** This course includes a variety of team sports and games. Instruction emphasizes the development and improvement of skills, rules, strategies, and knowledge of various team sports and activities as well as the health benefits received from each. Class activities will address understanding and development of skill related fitness components, principles of movement, training principles and injury prevention, coaching, and officiating mechanics. Students are required to take the Physical Fitness Test.

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**Course No:** 0808 Aerobics & Exercise  
**Grade Level:** All  
**Length:** Semester  
**Credit:** 0.5 PE  
**Prerequisite:** 0802 or 0803 Fitness for Life  
**Description:** This course emphasizes the principles of movement, exercise, aerobic conditioning, and dance. A variety of moderate to vigorous activities that are fun and enjoyable are included in the course that will promote optimal fitness improvement in health-related fitness components based on an individual's current fitness level. Diet, nutrition, and weight management will also be addressed. Students are required to take the Physical Fitness Test.

**Course No:** 0809 Power Walking for Fitness  
**Grade Level:** All  
**Length:** Semester  
**Credit:** 0.5 PE  
**Prerequisite:** 0802 or 0803 Fitness for Life  
**Description:** This is a co-educational high-level power walking class held outdoors that will exercise the body and mind. Power walking, alternative aerobic activities, exercise principles, and health and nutritional concepts will be addressed in this course. Students should dress appropriately (sweat pants, hooded sweatshirts, and gloves) for outdoor off-campus walking or other fitness related activities. Pedometers and heart rate monitors are utilized to develop and monitor student performance. Students are required to take the Physical Fitness Test.

**Course No:** 0810 Boys Strength Training & Conditioning  
0811 Girls Strength Training & Conditioning  
**Grade Level:** All  
**Length:** Semester  
**Credit:** 0.5 PE  
**Prerequisite:** 0802 or 0803 Fitness for Life  
**Description:** This course will cover basic strength training and conditioning fundamentals needed to create personal fitness programs that will improve quality of life. Content includes safety practices, proper techniques, and benefits of various strength and weight training methods and strategies that affect health and skill related fitness components. Students are required to take the Physical Fitness Test.

**Course No:** 0812 Outdoor/Adventure Pursuits  
**Grade Level:** 11 12  
**Length:** Semester  
**Credit:** 0.5 PE  
**Prerequisite:** 0802 or 0803 Fitness for Life  
**Description:** This course provides students with the opportunity to participate in a variety of challenge activities. These challenges help students learn to work together with peers while developing personal leadership, communication, problem-solving, decision-making, and teamwork skills. Students improve their skills and physical fitness while participating in a variety of lifetime adventure activities such as orienteering, archery, riflery, rock climbing, fishing, and other outdoor living pursuits. Students are required to take the Physical Fitness Test. Field trips may require students to pay a nominal fee. Must pass safety tests for certain equipment.

**Course No:** 0814 Advanced Co-Ed Strength Training & Conditioning  
**Grade Level:** 10 11 12  
**Length:** Semester  
**Credit:** 0.5 PE  
**Prerequisite:** A or B in 0810 or 0811 Strength Training & Conditioning  
**Description:** This course is for highly motivated students who wish to learn and apply principles of strength training and conditioning to the next level. Students will engage in personal programs of conditioning designed to achieve specific developmental goals in strength, endurance, flexibility, and cardio- respiratory fitness. Diet and sports nutrition will also be addressed. Students are required to take the Physical Fitness Test.

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| <b>Course No:</b>    | 0815 Boys Beginning Aquatics<br>0816 Girls Beginning Aquatics   |
| <b>Grade Level:</b>  | All   |
| <b>Length:</b>       | Semester  |
| <b>Credit:</b>       | 0.5 PE  |
| <b>Prerequisite:</b> | 0802 or 0803 Fitness for Life   |
| <b>Description:</b>  | This course promotes health-related fitness through participation in a variety of aquatic activities that students can participate in for a lifetime. Strong foundational skills for non-swimmers will be built towards progression of a competent swimmer through the American Red Cross "Learn to Swim" program. Emphasis will be placed on buoyancy, breathing, entries and exits, and water/ personal safety. Experienced swimmers will also benefit through participation in the higher levels of the "Learn to Swim" program that focuses on stroke development and cardio-respiratory fitness. |