

PHYSICAL EDUCATION SYLLABUS

Instructor: A. Johnson **School Year** 2015-2016 **Course:** 0911/0913

Course Title: Freshman Health and Physical Education **Period:** 1st, 2nd, 6th, 7th

Course Description:

This course is for all freshman students. It is designed to help students develop the necessary understanding and skills to enhance their performance in physical activities and their decisions regarding personal health and wellness. During the course, students will evaluate personal fitness levels and work to improve their fitness over the semester. Students will develop skills to improve their overall wellness by partaking in various physical activities. In addition, students will study the effects of health habits, illnesses, injuries and aging on the body systems. Students are required to pass this course to meet State mandated and District graduation requirements.

Health Course Enduring Understandings:

After successfully completing this course, the students will understand that:

- There are signs and causes of illnesses, there are short and/or long term effects of health habits upon the body systems and that there are various ways to analyze the outcomes of health practices on individuals and society.
- The structures and functions of the human body systems interrelate with illness, injury, aging and health practices (nutrition and exercise) and influence body system functions.
- Demonstrating knowledge of decision-making, safety skills, procedures for physical activity participation, injury prevention, first-aid care, problem solving and goal setting will lead to a healthy lifestyle.

PE Course Enduring Understandings:

After successfully completing this course, the students will understand that:

- Safety is essential during activity
- Cooperation is key to successfully complete an activity
- Monitoring heart rate, target heart rate zone and resting heart rate is important during activity.
- Participating in physical activity can lead to a healthy lifestyle.
- Fitness is important to general health.
- Monitoring heart rate during exercise/activity is important to improving fitness.
- Warm-up and cool-down are important aspects of physical activity.
- Fitness is a lifetime activity.
- Improved fitness will enhance quality of life.
- Swimming is a lifetime activity that can continuously improve health and fitness levels.

Credit: One (Regular) (Pass/Fail available – deadline to enroll 9/1/15) **Level:** 9 **Prerequisite:** None

Areas of Study: Cardiovascular Fitness, Overall Fitness, Weight training, Swimming, and Health

Activities and options listed may be altered by a school according to resources and availability of facilities.

Textbooks: Health – Prentice Hall
Current Health II

Safety Statement:

Physical Education provides an excellent opportunity for students to develop as a total person. Focus on cardiovascular fitness and overall wellness is the chief tools of the physical education classes. Emphasis is placed on safety of the individuals in these classes. All physical educators stress prevention of injury, but are prepared to handle injuries, give appropriate action, and follow through with the recovery if the need does arise.

Time Lines and Activities:

Due to scheduling needs, approximately one-half of the freshman students will have Health Education during Semester I, followed by Semester II Physical Education. The other half of freshman students will have the opposite schedule.

Due to resources and availability of facilities, the order of physical education activities may differ. Student needs, interests and abilities, current health issues and availability of materials may also determine the order of Health units and activities.

The following is a list of the units for Health Education:

- Intro to Health
- Emotional / Mental Health
- Stress
- Relationships
- Social / Moral Health
- Violence
- Physical Health
- Body Systems
- Nutrition / Fitness
- Drugs
- Diseases / Prevention
- Human Development
- First Aid
- Environmental Health

The following is a list of the units/activities for a semester of Freshman Physical Education:

- Introduction to Physical Fitness
- Cardiovascular Fitness (4 weeks)
- Swimming (4 weeks)
- Overall Fitness (9 weeks)
- Weight Training (9 weeks T-TH)

Department Grading Scale:

A = 90 – 100%
B = 80 – 89%
C = 70 – 79%
D = 60 – 69%
E = 0 – 59%

Physical Education Semester Grading:

1 st Quarter	40%
2 nd Quarter	40%
Semester Exam	20%

Physical Education Points are determined by points associated with participation, dress, written assignments, and skill evaluations.