

## **PHYSICAL EDUCATION**

The physical education curriculum is designed to provide students with educational activities which emphasize the development of skill proficiency in lifetime sports and offer carry-over value for adult life. Selected curricular activities engage the student in activities which encourage and emphasize the development of desirable social attitudes and both mental and physical fitness.

### **CP ANATOMY AND PHYSIOLOGY – 4400 (Science – 5035)**

**11,12** **1 credit (.5 credit P.E., .5 credit science)**

CP Anatomy and Physiology is a course designed for students interested in learning about their body's structure and function through integrated hands on projects and activities. Usually taken after a comprehensive initial study of biology, Anatomy and Physiology courses present the human body and biological systems in more detail. In order to understand the structure of the human body, students learn anatomical terminology, explore functional systems (skeletal, muscular, circulatory, respiratory, digestive, and nervous). 8 of the 11 body systems will be covered in depth. Class activities at Horizon will consist of lectures, group and individual work, a variety of dissections including a complete dissection of a mink, lab projects, movement analysis, fitness assessments, and completing an exhibition project. These skills are designed to help students prepare for post high school experiences. This course is recommended for students interested in pursuing careers in medical, health or sports medicine related fields. The student will earn ½ credit Science and ½ credit PE.

### **HEALTHY CHOICES - 4110 (Fulfills health requirement)**

**9,10, 11,12** **.5 credit**

This course will help develop a sound foundation and understanding of how to practice a healthy lifestyle. Topics covered within this Health Education course may vary widely, but typically include personal health, nutrition, mental health, stress management, substance abuse prevention, disease prevention, character education, human sexuality, abstinence, positive relationships, violence, and consumer health issues. The courses may also include brief studies of environmental health, personal development, and/or community resources.

### **LIFETIME FITNESS - 4330**

**9,10,11,12** **.5 credit**

This course will increase a student's knowledge and application of overall fitness. By incorporating cardiovascular endurance, resistance/circuit training, and flexibility into classes, students will gain an understanding of the importance of lifelong physical fitness. Students will have the opportunity to learn and implement a variety of physical activities with the goal being able to apply positive fitness habits outside of the classroom.

### **RACKET SPORTS - 4200**

**9,10,11,12** **.5 credit**

This course provides students with knowledge, experience, and an opportunity to develop skills in more than one individual or dual sport (such as tennis, pickle ball, and badminton). The primary objective is to develop continued interest in the games. Instruction includes proper techniques, rules, strategies, safety, proper care and selection of equipment and related terminology.

### **RECREATIONAL SPORTS – 4210**

**12** **1 credit - semester block**

This course is designed to teach and engage students in the popular leisure activities that may include: shuffleboard, archery, table tennis, frisbee golf, corn hole (one quarter) and bowling (one quarter) along with others. This course will provide an overall knowledge of basic skills, strategies, rules, fundamentals as well as discussion of health and fitness benefits for lifetime recreation. There is \$75 FEE for this class and is only offered to SENIORS.

### **TEAM SPORTS I - 4150**

**9,10,11,12** **.5 credit**

This course provides students with knowledge, experience, and an opportunity to develop skills in more than one team sport. This course focuses on the development of skills, rules, strategies, safety, game etiquette and related terminology for floor hockey, indoor/outdoor soccer, speedball, team handball, ultimate Frisbee, flag football and other various cardiovascular team activities. This course cannot be repeated for elective credit.

**TEAM SPORTS II - 4151****9,10,11,12****.5 credit**

This course provides students with knowledge, experience, and an opportunity to develop skills in more than one team sport. This course focuses on the development of skills, rules, strategies, safety, game etiquette and related terminology for softball, basketball, volleyball, flickerball, rugby, invasion games and other various cardiovascular team activities. This course cannot be repeated for elective credit.

**WEIGHT TRAINING I – 4290****9,10,11,12****.5 credit**

Weight Training I is for the student who has a strong interest in muscle mass development, lean muscle development, and speed and power development. The course includes an emphasis on basic anatomy/physiology, and instruction in the fundamentals of weight training, and implementation of a fitness program utilizing appropriate training principles. The use of free weights and universal machines will help provide instruction and activity to everyday workouts and lessons.

**WEIGHT TRAINING II – 4295****10, 11, 12****.5 credit**

This course helps students develop knowledge and skills with free weights and universal machines while emphasizing safety, lifting form and posture; it may include other components such as anatomy, nutrition, Olympic lifting, and implementation of a fitness program utilizing appropriate training principles. This course is an extension of Weight Training I- All students must have completed the prerequisite prior to registering for this class. Students cannot be enrolled in the prerequisite Weight I simultaneously with this class. (**PREREQUISITE: Weight Training I**)

**POSITIVE PE – 4010****10,11,12****.5 credit**

This course will integrate students with high needs (athletes) and general ed peers (coaches) in a cooperative, positive and enthusiastic learning environment. All students will explore the components of physical fitness through a variety of interactive physical activities. Coaches will learn skills, techniques, and concepts covered in class alongside the athletes. Positive PE coaches will be paired with an athlete to assist with motivation, role-modeling and demonstrate positive interaction in an integrated learning environment. Coaches will also ensure that the athletes are involved and provide constant reinforcement to all appropriate behavior. This physical education atmosphere will develop positive social relationships between coaches and athletes. This course will focus on improving students' fitness levels by participating in lifelong exercises and activities.

\*Applications can be obtained in the Counseling center.