

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.

INTRODUCTION TO FITNESS - 4190

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

This course is an entry level course which provides the student with knowledge that emphasizes conditioning activities to help develop muscular strength, flexibility, muscle endurance and cardiovascular fitness. **This course cannot be repeated for elective credit.**

WOMEN'S TOTAL FITNESS - 4331

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

This class is an introductory level course which will give the female student an opportunity to participate and be engaged in a physical educational environment that is conducive to lifelong fitness skills. The female student will learn conditioning activities to help develop muscular strength, flexibility, muscle endurance and cardiovascular fitness. **This course cannot be repeated for elective credit.**

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 provides students with knowledge, experience, and an opportunity to develop skills in more than one recreational sport such as shuffleboard, archery, table tennis, frisbee golf and corn hole for one quarter and bowling for one quarter. The objective is to develop interest in continued participation in the activities.

Our recreational sports class will remain at Horizon High School every Wednesday.

There is a \$75 fee for this class. (Seniors only)

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 body toning, muscle mass development, speed and power development. The course includes an emphasis on nutrition, basic anatomy, and physiology, and instruction in beginning, intermediate, and advanced fundamentals of weight training. This course may be repeated for elective credit. This course does not fulfill the fitness requirement.

WEIGHT TRAINING II – 4295

10, 11, 12

.5 credit

This course helps students develop knowledge and skills with free weights and universal stations while emphasizing safety and proper body positioning; it may include other components such as anatomy, nutrition, program design, interval training, Olympic lifting, super setting and circuit training. This course is an extension of Weight Training I. This course may be repeated for elective credit. (**PREREQUISITE: Weight Training I**)

All student must have completed the pre-requisite prior to registering for this class. Students CANNOT be enrolled in the pre-requisite Weight Training I simultaneously with this class.

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.