

# PHYSICAL EDUCATION & HEALTH

Course Opportunities  
2011-2012 School Year

Incoming 9<sup>th</sup> Graders:  
**CLASS OF 2015**  
Required Course

▣ **Physical Education/Health**

- *Two trimesters*
- *This class incorporates the essentials of fitness along with critical information regarding current health issues.*

*Looking ahead:*

▣ **Advanced Physical Education**

- *Two Semesters*

▣ **Sports Certification**

- *Two Semesters*

▣ **Life Fitness**

- *One Trimester*

▣ **Lifetime Sports**

- *One Trimester*

▣ **Health/Nutrition**

- *One Trimester*

# Physical Education

## ELECTIVE OPPORTUNITIES

- ▣ *Life Fitness*
  - *Grades 10, 11, 12*
  - *One trimester*
    - ▣ *Strong desire to improve physical fitness*
    - ▣ *High intensity*
    - ▣ *Focus on personal fitness*
    - ▣ *Circuit/aerobic/muscular endurance training*
    - ▣ *VERY DEMANDING*

# Physical Education

## ELECTIVE OPPORTUNITIES

- ▣ *Advanced Physical Education*
  - *Grades 10, 11, 12*
  - *Two trimesters*
    - ▣ *Strong desire to improve athletic performance*
    - ▣ *High intensity*
    - ▣ *Speed, strength power*
    - ▣ *Teamwork*
    - ▣ *VERY DEMANDING*

# Physical Education

## ELECTIVE OPPORTUNITIES

### ▣ *Lifetime Sports*

#### ■ *Seniors*

#### ■ *One trimester*

- ▣ Strong desire to participate in a variety of different sport and leisure activities.
- ▣ Ability to work within a team setting.
- ▣ Self-motivated
- ▣ Good sportsmanship
- ▣ Strong desire to have fun while participating with peers.

# Physical Education

## ELECTIVE OPPORTUNITIES

- ▣ *Sports Certification*
  - *Grades 11,12*
  - *One trimester*
    - ▣ CPR/First Aid/AED certification through the American Red Cross
    - ▣ MHSAA officiating certification
    - ▣ Coaching techniques
    - ▣ Coaching theory

# Physical Education

## ELECTIVE OPPORTUNITIES

### ▣ *Health and Nutrition*

- *10, 11, 12 Grades*
- *One Trimester*
  - ▣ *Designed to learn about everyday and athletic based nutrition*
  - ▣ *Activity Based*
  - ▣ *Teamwork*
  - ▣ *Research, Projects, Tests/Quizzes/Labs (Cooking)*
  - ▣ *A skill you can use for your entire life!!!*