**HEALTH AND PHYSICAL EDUCATION DEPARTMENT**

**3506 Health & Wellness**

Health & Wellness, a course based on Indiana’s Academic Standards for Health & Wellness, provides the basis to help students adopt and maintain healthy behaviors. Priority areas include: promoting personal health and wellness, physical activity, healthy eating, promoting safety and preventing unintentional injury and violence, promoting mental and emotional health, a tobacco-free lifestyle and an alcohol- and other drug-free lifestyle and promoting human development and family health. This course provides students with the knowledge and skills of health and wellness core concepts, analyzing influences, accessing information, interpersonal communication, decision-making and goal-setting skills, health-enhancing behaviors, and health and wellness advocacy skills.

• Recommended Grade Level: 10

• Credits: 1 credit, 1 semester course

• Fulfills Health requirement

**3542 Physical Education I**

Physical Education Ifocuses on instructional strategies through a planned, sequential, and comprehensive physical education curriculum which provide students with opportunities to actively participate in at least four of the following: team sports; dual sport activities; individual physical activities; outdoor pursuits; self-defense and martial arts; aquatics; gymnastics; and dance, all which are within the framework of lifetime physical activities and fitness. Ongoing assessment includes both written and performance-based skill evaluation. Individual assessments may be modified for individuals with disabilities, in addition to those with IEP’s and 504 plans (e.g., chronic illnesses, temporary injuries, obesity, etc.).

• Recommended Grade Level: 9

• Credits: 1 credit, a 1 semester course

• Recommended: Classes are co-educational unless the activity involves bodily contact or groupings based on an objective standard of individual performance developed and applied without regard to gender.

• Adapted physical education will be offered, as needed, in the least restricted environment and must be based upon an individual assessment.

• As a designated laboratory course, 25% of course time must be spent in activity.

**3544 Physical Education II**

Physical Education IIfocuses on instructional strategies through a planned, sequential, and comprehensive physical education curriculum which provide students with opportunities to actively participate in four of the following that were not in PHYS ED I: team sports; dual sport activities; individual physical activities; outdoor pursuits; self-defense and martial arts; aquatics; gymnastics; and dance, all which are within the framework of lifetime physical activities and fitness. Ongoing assessment includes both written and performance-based skill evaluation. Individual assessments may be modified for individuals with disabilities, in addition to those with IEP’s and 504 plans (e.g., chronic illnesses, temporary injuries, obesity, etc.).

• Recommended Grade Level: 9

• Credits: 1 credit per 1 semester

• Classes are co-educational.

• As a designated laboratory course, 25% of course time must be spent in activity.

**3560 Elective PE: Weight Training**

Elective PE: Weight Training is a course designed to give students to learn about weight training techniques to obtain optimal physical fitness. Students will benefit from comprehensive weight training and cardiorespiratory endurance activities. Students will learn the basic fundamentals of weight training, strength training, aerobic training, and overall fitness training and conditioning. Course includes both lecture and activity sessions. Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.

**• This course will count as an elective credit only and will not count as a required PE credit.**

• Recommended Grade Levels: 10, 11, 12

• Recommended Prerequisites: Physical Education I & II

• Credits: 1 credit per 1 semester

• Classes are co-educational

• As a designated laboratory course, 25% of course time must be spent in activity.