

PHYSICAL EDUCATION DEPARTMENT

VISION OF THE DEPARTMENT Physical education is a sequential educational program that provides students with the knowledge, skills, fitness, and attitudes necessary to lead a healthy lifestyle.

A physically educated person who participates in health-enhancing physical activity

- Demonstrates competence in selected motor skills;
- Assesses, achieves, and maintains physical fitness;
- Applies cognitive concepts in making wise lifestyle choices; and
- Exhibits appropriate personal-social character traits while participating in physical activity.

M010

HEALTH AND WELLNESS

1 semester 1/2 credit 9–10

PREREQUISITE: None

This one semester required course is to be taken in ninth or tenth grade, and provides students with information that will enable them to make healthy decisions, define wellness, and deal with various health problems. Topics include community health services, substance abuse, mental health, chronic and communicable diseases including AIDS and other STD's, personal safety, reproduction, and human growth and development.

M020

PHYSICAL ACTIVITIES FOR NINTH GRADE – FALL SEMESTER

1 semester 1/2 credit 9

PREREQUISITE: None

By participating in team and lifetime activities, students will better understand that physical activity is an important part of a healthy lifestyle. Students will learn the rules, skills, strategies, and etiquette appropriate for each activity. Fall semester activities may include soccer, speedball, flag football, field hockey, badminton, racquetball, team handball, volleyball, basketball, floor hockey, other recreational activities, and aquatics (Ford II students have access to a pool). Students participate in aerobic activities and each student's individual level of physical fitness is assessed. This class may not be repeated for multiple credit and no student may take the class for more than one class period in any given semester.

M025

PHYSICAL ACTIVITIES FOR NINTH GRADE – SPRING SEMESTER

1 semester 1/2 credit 9

PREREQUISITE: None

By participating in team and lifetime activities, students better understand that physical activity is an important part of a healthy lifestyle. Students learn the rules, skills, strategies, and etiquette appropriate for each activity. Spring semester activities may include softball, track, tennis, table tennis, golf, archery, gymnastics, volleyball, paddle ball, rhythmic activities, bowling, floor hockey, other recreational activities, and aquatics (Ford II students have access to a pool). Students participate in aerobic activities and each student's individual level of physical fitness is assessed. This class may not be repeated for multiple credit and no student may take the class for more than one class period in any given semester.

M031

LEARN TO SWIM

1 semester 1/2 credit 9–12

This class is for those students who require instruction in the basic strokes of swimming and aquatic skills necessary to participate in and around water. The goal is to increase a student's ability to swim with confidence. Basic water safety and boating safety skills are introduced.

M032

SWIM FOR FUN AND FITNESS

1 semester 1/2 credit 9–12

PREREQUISITE: American Red Cross Swimmer's Skills or Completion of M031

This class is offered to swimmers who desire a higher level of instruction in water safety, water exercise, swim and fitness for life. Students receive snorkel instruction and participate in aquatic games and swim competition.

M040

LIFEGUARD TRAINING

1 semester 1/2 credit 10-12

PREREQUISITE: Students must be 15 years old by completion of the class and have American Red Cross Swimmer's Skills

This course follows the American Red Cross life-saving and water safety program. The following certifications are issued to students who meet American Red Cross standards of proficiency: CPR for the Professional Rescuer and Lifeguard Training.

M050

WATER GAMES

1 semester

1/2 credit

10–12

PREREQUISITE: None

Prerequisite: Students must be able to tread water for five minutes and swim two lengths of the pool with proficient swimming skills.

This aquatic class provides students with exposure to lifetime recreational water activities. These include activities such as water polo, water basketball, water volleyball, mass water games, and swim competition. Fitness is promoted through strenuous water activities.

It is understood that fitness is an on-going process and that students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

M060

DANCE

1 semester

1/2 credit

10–12

PREREQUISITE: None

This course offers a variety of rhythmic activities, technique exercises, and basic movement exploration. Students create dance routines and do simple choreography. Fitness routines relative to dance movements are performed periodically. Physical fitness levels may be assessed.

It is understood that skill building and fitness is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

M080

GYMNASTICS

1 semester

1/2 credit

10–12

PREREQUISITE: None

This class is designed to let students advance at their own level in floor exercise, tumbling, and on appropriate gymnastic apparatus. Physical fitness levels may be assessed.

It is understood that skill building is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

M100

TEAM SPORTS FOR GIRLS

1 semester 1/2 credit 10–12

PREREQUISITE: None

This class offers students the opportunity to develop and improve skills, maintain an appropriate level of fitness and develop stress reduction techniques through the enjoyment of participation in team sports. Activities may include: volleyball, soccer, basketball, flag football, team handball, speedball, softball, floor hockey, and mass games. Physical fitness levels may be assessed.

It is understood that skill building is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

M110

TEAM SPORTS FOR BOYS

1 semester 1/2 credit 10–12

PREREQUISITE: None

This class offers students the opportunity to develop and improve skills, maintain an appropriate level of fitness and develop stress reduction techniques through the enjoyment of participation in team sports. Activities may include: volleyball, soccer, basketball, flag football, team handball, speedball, softball, floor hockey, and mass games. Physical fitness levels may be assessed.

It is understood that skill building is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

M111/M112

CONDITIONING FOR ATHLETES

1 semester 1/2 credit 10-12

PREREQUISITE: The student must be a high school athlete and have the instructor's approval.

This course is offered to students participating in the athletic program who wish to maximize their total fitness. Power lifting, skill training and their relationship to athletics are practiced and assessed. Physical fitness levels may be assessed.

It is understood that fitness is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

M120

LIFETIME LEISURE ACTIVITIES

1 semester

1/2 credit

10–12

PREREQUISITE: None

This course stresses individual sports as activities that can be used for recreation throughout life; students will be better equipped to maintain a healthy lifestyle. Activities may include: archery, tennis, badminton, paddle ball, volleyball, table tennis, golf, bowling, shuffleboard, Pickle Ball, and All-ball. Physical fitness levels may be assessed.

It is understood that skill building is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

M140

OFFICIATING TEAM SPORTS

1 semester

1/2 credit

11–12

PREREQUISITE: 11th or 12th grade student and instructor's approval

This course is for the student who has an interest in officiating. The class is run in conjunction with the MHSAA (Michigan High School Athletic Association's) Mentor Program. Students gain knowledge of the rules and game management procedures and their proper application to the sports of softball/baseball, basketball, volleyball, and football. Instruction is intended to prepare students for state certification.

It is understood that skill building is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

M161

AEROBICS

1 semester

1/2 credit

10–12

PREREQUISITE: None

This class includes body movement and exercising to music. Floor work, step aerobics, resistant bands, jump ropes, light hand weights and water aerobics may be included. Exercising in a fun and non-competitive way, students receive instruction in weight management, stress reduction, cardiovascular activities, and physical fitness assessment.

It is understood that fitness is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

M171

STRENGTH TRAINING AND FITNESS

1 semester

1/2 credit

10–12

PREREQUISITE: None

This class offers an opportunity to investigate the importance of muscular strength and endurance in the overall picture of physical fitness. Students improve their total fitness using free weights, fitness testing, competitive games, circuit training, running, walking, aerobic activities, and obstacle courses. The emphasis is on the five components of fitness and how to improve upon them.

It is understood that fitness is an on-going process and that students may wish to repeat the course more than once. However, students may only earn a total of one credit in this course that will count toward the physical education graduation requirement.

M180

PERSONAL FITNESS FOR LIFE

PREREQUISITE: None

1 semester

1/2 credit

10-12

Students participate in an aerobic and anaerobic circuit in a health club atmosphere. Participation includes exercising on single-station resistance machines and aerobic activities such as cycling, jumping rope, or jogging. The students gain knowledge of how to increase or maintain cardiovascular endurance, control of body weight, increase strength and flexibility, and design a stress-management program. Monitoring of each student's program and level of fitness is an integral part of the program.

M200

FIRST AID AND SAFETY

1 semester

1/2 credit

10–12

PREREQUISITE: None

This first aid course provides knowledge useful in handling accidents and illnesses. Artificial respiration, cardiopulmonary resuscitation, and emergency choking procedures are taught. Students may earn certification in American Red Cross First Aid and Cardio-Pulmonary Resuscitation.