

HEALTH AND FITNESS PROGRAM

The **HEALTH AND FITNESS PROGRAM** is designed to build the skills, knowledge and attitudes needed to maintain an active, healthy lifestyle. Health education and physical education are combined to make up the Health and Fitness Program. All classes are coeducational, and students are placed in groupings of freshmen, sophomores, and juniors/seniors. At the freshman and sophomore levels, health education is integrated in the curricula. At the junior/senior level, a health course, Life Skills, is offered as a separate course in addition to activity-based physical education courses. Included among the health topics studied is human sexuality. Before study of this topic begins, an information evening for parents of freshmen is held at which time the instructors review the curriculum and answer questions.

FRESHMEN HEALTH AND FITNESS

FULL YEAR 3X/WEEK – 2.50 CREDITS

COURSE #910

For students in grade 9

Prerequisites: none

Description: The focus of the Freshmen Health and Fitness course is “personal fitness.” Instruction on health topics, fitness concepts and physical activities take place in both the classroom and the gymnasium. Students are assigned a text book, Looking Good, Feeling Good, and complete written homework assignments, tests and fitness assessments. One quarter is dedicated to classroom-based health units on human sexuality, depression and suicide, and alcohol, tobacco and other drugs. All freshmen are scheduled three times a week for the entire year.

Evaluation: Evaluation is based on class participation, attendance, effort, preparedness, homework, written assignments and tests. Students receive a letter grade.

This course has Expectations for Student Learning 8 as its primary concern, and also supports Expectations 1, 2 & 7.

SOPHOMORE HEALTH AND FITNESS

FULL YEAR 2X/WEEK – 1.25 CREDITS

COURSE #911

For students in grade 10

Prerequisites: none

Description: The sophomore program concentrates on two areas of fitness: skill development and assessment of the health-related components of fitness. Students participate in a wide variety of physical activities and fitness assessments. All sophomores are scheduled two times a week for the entire year.

Evaluation: Evaluation is based on class participation, attendance, effort, preparedness, homework, written assignments and tests. Students are graded on a Pass/Fail basis.

This course has Expectations for Student Learning 8 as its primary concern, and also supports Expectation 7.

JUNIOR/SENIOR PROGRAM	FOUR QUARTERS 2X/WEEK – 1.25 CREDITS	COURSE #912
For students in grades: 11		
WATER GAMES AND SWIM FITNESS (ELECTIVE/ONE QUARTER)		COURSE #913
LIFE GUARD TRAINING (ELECTIVE, ONE SEMESTER)		COURSE #914
WATER SAFETY INSTRUCTOR (ELECTIVE, ONE SEMESTER)		COURSE #915
WOMEN’S SELF DEFENSE (ELECTIVE, ONE QUARTER)		COURSE #916
WEIGHT TRAINING DESIGN (ELECTIVE, ONE QUARTER)		COURSE #917
YOGA (ELECTIVE, ONE QUARTER)		COURSE #918
SENIOR WELLNESS PROJECT		COURSE #919

PREREQUISITES: None (unless indicated in course description below)

The Junior/Senior program consists of two required quarter-long courses (Life Skills and Muscular Fitness) and two activity quarter-long courses (or one semester-long Life Guard Training course) for a total of four quarters (the equivalent of one full year of courses). Each quarter-long course meets two times a week. Students are encouraged to complete the Junior/Senior Program during their Junior year although courses may be taken during the Senior year if necessary.

- ❖ **LIFE SKILLS** considers many health topics, including human sexuality, substance use and abuse, sexual harassment, dating and domestic violence, depression and suicide and eating disorders. The classes are discussion-based and students explore different topics by means of guest speakers, panel discussions, in-class activities and a brief research project.
- ❖ **MUSCLE FITNESS** - Students utilize both the Nautilus and free-weight equipment in the Fitness Center as they learn weight lifting concepts related to both muscular strength and endurance and challenge their current level of muscle fitness.

ELECTIVES

Students will be assigned automatically a required course (**#910 to #912, #919**). Electives will be created with sections (under course **#912**) when adequate numbers of selected electives allows the activity courses to change from standard required activity to the activities listed below. Quarter electives are open to juniors, and semester electives (**#914, #915**) are open to juniors and **SENIORS**.

- ❖ **WATER GAMES AND SWIM FITNESS (ELECTIVE, ONE QUARTER, COURSE #913)** will offer students the opportunity to challenge their current fitness level through swim activities and games such as water polo and water basketball in addition to sprint and distance lap swimming. Students will be provided with instruction on stroke development as needed.
- ❖ **LIFE GUARD TRAINING (ELECTIVE, ONE SEMESTER, COURSE #914)** is a Red Cross certification course which teaches the skills required to be a lifeguard. Students will learn about the professional responsibilities of being a lifeguard such as risk management, water rescues, and first aide. Students will also experience fitness promoting activities. This course meets two times a week for a semester. **Prerequisites for Life Guard Training:** must be 16 years of age, have the ability to swim 500 yards of front crawl and breast stroke without stopping, is able to complete one lap then retrieve a 10 pound object from a depth of 10 feet and complete one lap while carrying the object.
- ❖ **WATER SAFETY INSTRUCTOR (ELECTIVE, ONE SEMESTER, COURSE # 915)** is a Red Cross certification course, which teaches the skills required to instruct swim lessons. Students will learn about the professional responsibilities of a swim instructor, competitive and recreational stroke development and refinement and water and community safety.

- ❖ **WOMEN’S SELF DEFENSE (ELECTIVE, ONE QUARTER, COURSE #916)** is an overview of personal safety strategies, which include awareness, assertiveness and physical skills. Basic skills of blocking, throws, kicking and striking will be introduced. Exercise systems such as Tai Chi and Yoga will also be explored.
- ❖ **WEIGHT TRAINING DESIGN (ELECTIVE, ONE QUARTER, COURSE #917)** is a physical activity course. This is a workout course designed to improve physical fitness. Individual programs will be developed and implemented.
- ❖ **YOGA (ELECTIVE, ONE QUARTER, COURSE #918)** is a course that covers the basic knowledge, and skills necessary to benefit from this exercise system. Flexibility, balance and body alignment as well as breathing, relaxation techniques and postures are part of each session.

Evaluation: Evaluation for all Junior/Senior Program courses is based on class participation, attendance, effort, preparedness, homework, written assignments and tests. Students are graded on a Pass/Fail basis. In addition, students in Life Guard Training will engage in frequent skill and knowledge assessments and must pass a final written test in order to become Red Cross certified.

The Junior/Senior Program courses have Expectations for Student Learning 8 as their primary concern, and also support Expectations 1, 2, 4 & 7.

SENIOR WELLNESS PROJECT

INDEPENDENT – 1.25 CREDITS

COURSE #919

For students in grade 12

Prerequisites: none

Description: During the senior year or the summer preceding the senior year, students complete a minimum of 50 hours of physical activity independently or on a CCHS varsity sport team. Students must first submit a contract and have it approved. Students must then keep a journal of their activities, write a summary and critique of four research articles, and write a self-evaluation.

Evaluation: Evaluation will be based on completion of 50 hours of physical activity and all written assignments. A detailed grading rubric is included in the information packet available outside the Health & Fitness Office and on the CCHS web site: “www.colonial.net”. Grading for the Senior Wellness Project is Pass, Fail or “Pass with Distinction.”

This course has Expectations for Student Learning 8 as its primary concern, and also supports Expectations 1 & 2

