

# **Health and Physical Fitness**

## **PH100 Health 1**

**Grades:** 10-12  
**Trimesters:** 1  
**Prerequisites:** None  
**Credits:** .5  
**Repeat for Credit:** No

Health education emphasizes, "Health is a way of living." Some of the topics covered are nutrition, anatomy, physiology, drug use & abuse, basic physical fitness, diseases & infections, CPR & first aid.

## **PH500 Health 2**

**Grades:** 11-12  
**Trimesters:** 1  
**Prerequisites:** *B or better in Health and Bio A & B.*  
**Credits:** .5  
**Repeat for Credit:** No

This class is for those students who are interested in how the brain works or who may be interested in pursuing a career in the health care field. A great deal of information is presented in a short period of time; much of it involves watching videos of professionals in their specific fields. This is a class that covers basic anatomy of the brain, brain based learning, introduction to physiology, and introduction to kinesiology. Labs are a big part of this class, which involves the ability to work independently and with a group to finish a task. **\*\*NHS\*\***

## **PH200 Physical Education 1**

**Grades:** 9 - 12  
**Trimesters:** 1  
**Prerequisites:** None  
**Credits:** .5  
**Repeat for Credit:** No

The course covers fundamentals and skills in team and individual activities to facilitate a greater degree of enjoyment of lifetime participation. Individual fitness levels are assessed and students are instructed in physical fitness programs. Available facilities and class grouping will limit activities included.

## **PH300 Strength and Conditioning**

**Grades:** 9 - 12  
**Trimesters:** 1  
**Prerequisites:** passing grade in PE 1  
**Credits:** .5  
**Repeat for Credit:** Yes

The focus of the course is to improve physical fitness through strength training and conditioning. Weight training, running, stretching, cardiovascular conditioning, plyometric, and physical fitness testing are included in this class. Specific sport skills are not addressed.

## **PH310 Personal Fitness**

**Grades:** 9 - 12  
**Trimesters:** 1  
**Prerequisites:** passing grade in PE 1  
**Credits:** .5  
**Repeat for Credit:** Yes

This class is for the student who wishes to improve their fitness, muscle tone, and weight control. Class procedures will primarily be the daily performance of aerobic exercises and total body fitness. Some weight training and fitness testing will be included.

## **PH400 Sports and Fitness**

**Grades:** 9 - 12  
**Trimesters:** 1  
**Prerequisites:** passing grade in PE 1  
**Credits:** .5  
**Repeat for Credit:** Yes

This is a course with emphasis on developing and maintaining personal health through physical fitness. Students will also participate in team related sports. Physical fitness testing and participation are requirements of this course.