

**PHYSICAL EDUCATION DEPARTMENT**  
Course Descriptions

**Boys Team Sports/Health, Girls Team Sports/Health**

Required Grade 9

This course aims to give the student a thorough knowledge of team sports and physical fitness. The latter will be determined by the use of the President's Physical Fitness Test. Team sports involved may be soccer, flag football, speedball, volleyball, etc. Team sports units will be comprised of presentations and practice of individual skill through drills and activities, along with discussion of rules and strategy through game play. The Health portion is intended to give the student a thorough knowledge of human body and the many factors that will affect it mentally, physically, socially, and spiritually. Topics covered include: mental and social health, personal health and physical fitness, nutrition, medicine and drugs, diseases, safety and emergency care.

**Lifetime Fitness**

*Prerequisites: Gr. 10,11,12 status*

This course aims to give the student a general knowledge and appreciation of recreational team, individual sports and physical fitness. Recreational team sports may include flag football, speedball, soccer, volleyball, floor hockey, kickball and softball. Individual recreational activities may include badminton, tennis, golf, bowling, swimming and weight training/conditioning. The carry-over values of these various recreational activities will be emphasized so that the student will consider the value of being "fit for life". May only be taken one time each year.

**Athletic Performance**

*Prerequisites: Gr. 10,11,12 status*

This course is a guided program in weight training for students of either gender. Attention will be paid to individual students' conditioning needs and helping them learn to develop and adapt a training routine that meets their personal fitness goals. May only be taken one time each year.