

Health and Physical Education



Christian Brothers
Academy

HEALTH 7

One Semester	½ credit	Grade 7
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Health 7 is a one-semester introductory course that encourages students to become active partners in maintaining and improving their level of wellness. It assists students in shaping values and convictions that will be of benefit to them over their lifetimes. The course addresses the topics of nutrition, fitness, self-esteem, alcohol/drug education, communication skills, exercise, consumer awareness, tobacco use, disease prevention, and basic first aid. Additional topics may be included.

HEALTH 9

One Semester	½ credit	Grade 9
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Health 9 emphasizes personal wellness with an emphasis on informed decision making. This course will develop students' appreciation for a wellness approach to life and encourage them to set individual wellness goals. Topics include, but are not limited to mental health, nutrition, physical fitness, human sexuality, substance abuse, current health problems, media influence, stress management, and basic first aid.

ADVANCED WELLNESS

One Semester	½ credit	Grade 11
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This course focuses on applying life skills that make a positive difference in the health of the student. Students will: practice skills to reduce the negative effects of stress; increase intake of healthy foods; learn how abuse of alcohol and other drugs lead to health problems; practice communication and conflict resolution skills for healthy relationships. Students will develop a Personal Wellness Plan to identify steps for a healthy life style. This course is experiential and requires active participation. (Prerequisite for Human Relations)

PHYSICAL EDUCATION 7/8

Full Year	½ credit	Grades 7-8
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The grade 7 curriculum emphasizes increased motor and manipulative skills. The basic game rules for a variety of individual and team sports will be taught. The grade 8 curriculum further develops volleyball and basketball skills. Students develop a personal fitness plan and complete the Presidential Fitness Test. Cooperative sports, games, and F.I.T. (frequency, intensity, and time) principles are introduced. Students also learn how to properly use a heart rate monitoring device. *Alternate Days*

PHYSICAL EDUCATION 9/10

Full Year	½ credit	Grades 9-10
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The grade 9/10 curriculum focuses on game strategies and complex team play. Topics include, but are not limited to, soccer, softball, volleyball and badminton. Students continue to utilize the F.I.T. (frequency, intensity, and time) principles to further develop and monitor their personal fitness level. The use of heart rate monitors is increased at these grade levels to help the student learn what level of physical activity is needed to reach a healthy fitness state. *Alternate Days*

PHYSICAL EDUCATION 11/12

Full Year	½ credit	Grades 11-12
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The goal of the 11/12 curriculums is to prepare students for a lifetime of continued physical activity. The course will focus on life-long sports and activities. Topics include, but are not limited to, tennis, golf, fitness walking, weight lifting, and aerobics. As part of the course, students will design their own personal fitness program. Juniors and seniors will have the opportunity to complete American Red Cross CPR training as part of this course. *Alternate Days*