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## PHYSICAL EDUCATION, HEALTH, and NUTRITION

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The mission of the Physical Education and Health department at HSE High School is to provide opportunities to develop skills, knowledge, and awareness for all students through basic required courses as well as a variety of elective course offerings. The overall aim is to help students develop lifelong habits that include regular, vigorous exercise and activity, as well as an understanding that health and well-being is an individual and ongoing responsibility.

**3506 \*HEALTH AND WELLNESS EDUCATION (9, 10, 11, 12)** Health Education provides the basis for continued methods of developing knowledge, concepts, skills, behaviors, and attitudes related to student health and well-being. This course includes the major content areas in a planned, sequential, comprehensive health education curriculum. The ten areas of study include: (1) Growth and Development; (2) Mental and Emotional Health; (3) Community and Environmental Health; (4) Nutrition; (5) Family Life; (6) Consumer Health; (7) Personal Health; (8) Alcohol, Tobacco, and Other Drugs; (9) Intentional and Unintentional Injury; and (10) Health Promotion and Disease Prevention. Students are provided with opportunities to explore the effect of health behaviors on an individual's quality of life. This course assists students in understanding that health is a lifetime commitment by analyzing individual risk factors and health decisions that promote health and prevent disease. Students are also encouraged to assume individual responsibility for becoming competent health consumers. A variety of instructional strategies, including technology, are used to further develop health literacy.

**3542 \*PHYSICAL EDUCATION I (9, 10)** This course is required for the freshman year. Physical Education I places an emphasis on health-related fitness and developing the skills and habits necessary for a lifetime of activity. This program includes skill development and the application of rules and strategies of complex difficulty in the following different movement forms: (1) health-related fitness activities (cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition); (2) aerobic exercise; (3) team sports; (4) individual and dual sports; (5) outdoor pursuits; (6) dance; and (7) recreational games; (8) aquatics. Ongoing assessment includes both written and performance-based skill evaluations with a large emphasis placed on class participation. Adaptations will be made when necessary for students whose physical and/or mental handicaps limit their participation in certain activities. **PED121 requires completion by the end of Summer School prior to grade 10.**

**3544 \*PHYSICAL EDUCATION II (9, 10)** Physical Education II emphasizes a personal commitment to lifetime activity and fitness for enjoyment, challenge, self-expression, and social interaction. This course provides students with opportunities to achieve and maintain a health-enhancing level of physical fitness and increase their knowledge of fitness concepts. It will include several different movement forms without repeating those offered in Physical Education I. Movement forms may include: (1) health-related fitness activities (cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition), (2) aerobic exercise, (3) team sports, (4) individual and dual sports, (5) gymnastics, (6) outdoor pursuits, (7) aquatics, (8) dance, and (9) recreational games. Ongoing assessment includes both written and performance-based skill evaluations with a large emphasis placed on class participation. This course will also include a discussion of related careers. **PED122 requires completion by the end of Summer School prior to grade 11.**

**3500 \*\*ADVANCED HEALTH EDUCATION /SPORTS MEDICINE I (10, 11, 12)** This course is devoted to an introductory study of athletic injuries. Emphasis will be on terminology, prevention, and basic treatment of a wide variety of sports related problems. Taping techniques will be taught. If a student chooses, he/she may volunteer to work in our athletic training room and can earn a varsity letter by serving as a trainer for one of our athletic teams. **Requirement – Health**

**3500 \*\*ADVANCED HEALTH EDUCATION /SPORTS MEDICINE II (10, 11, 12)** This course is a continuation of Sports Medicine I, with a more in-depth study of athletic training procedures. Emphasis will be placed on the diagnosis, treatment, and rehabilitation of a wide variety of sports injuries. This course is geared for the student who thinks they may wish to pursue this area of study beyond high school. **Requirement - Sports Medicine I**

**3560 \*\*ELECTIVE PHYSICAL EDUCATION/COED RECREATIONAL GAMES (10, 11, 12)** This coeducational course is designed for the student who wishes to be involved in daily physical activity beyond the freshman year. The emphasis is placed on lifetime leisure activities including but not limited to: badminton, ultimate Frisbee, volleyball, basketball, tennis, soccer, and floor hockey. **Requirement - Physical Education I and II with a "C" average recommended. A maximum of 6 total credits can be earned in elective physical education courses.**

**3560 \*\*ELECTIVE PHYSICAL EDUCATION/INTRO TO WEIGHT TRAINING (10, 11, 12)** This course is designed for those who have very little weight training experience but would like to benefit from a weight training program. Instruction will focus on learning proper technique for a variety of lifts including all major lifts as well as work with dumbbells, plate loaded machines, and selectorized machines. The focus will be on learning to use equipment safely, learning to lift with proper technique, and building strength. Class will also include some work with plyometrics and speed development. **Requirement - Physical Education I and II with a "C" average recommended. A maximum of 6 total credits can be earned in elective physical education courses.**

**3560 \*\*ELECTIVE PHYSICAL EDUCATION/FEMALE ADVANCED PHYSICAL CONDITIONING (10, 11, 12)** This course can be taken for one semester or one year. This is an elective course open to female students who are involved in Hamilton Southeastern sports. This class gives female students the opportunity to challenge themselves physically in preparation for athletic situations. The objectives of this course are to develop strength, explosive power, flexibility, agility, coordination, quickness, speed, and cardiovascular endurance but most of all to develop pride, self-discipline and the proper attitude toward work, sacrifice and commitment. An incredibly strenuous speed improvement and athletic movement routine will be used as well as weight training that will be tied into the after school athletic program. **Requirement - Physical Education I and II. A maximum of 7 total credits can be earned in elective physical education courses.**

**3560 \*\*ELECTIVE PHYSICAL EDUCATION/ADVANCED PHYSICAL CONDITIONING (9, 10, 11, 12)** This course can be taken for one semester or one year. This is an elective course open to students who are involved in Hamilton Southeastern sports. This class gives students the opportunity to challenge themselves physically in preparation for athletic situations. The objectives of this course are to develop strength, explosive power, flexibility, agility, coordination, quickness, speed, and muscular and cardiovascular endurance but most of all to develop pride, self-discipline and the proper attitude toward work, sacrifice and commitment. An incredibly strenuous speed improvement and athletic movement routine will be used as well as weight training that will be tied into the after school athletic lifting program. **Requirement - Physical Education I and II. A maximum of 7 total credits can be earned in elective physical education courses.**

**3560 \*\*ELECTIVE PHYSICAL EDUCATION/LIFETIME FITNESS THROUGH PHYSICAL EDUCATION (10, 11, 12)** This course is for students interested in fitness outside the realm of sports. Step Aerobics, Pilates, Abs/Core Exercises, Yoga, Cardio Kickboxing, Tae-Bo, Toning, Strength training, Zumba, and Stability Ball are examples of the types of fitness activities this class offers. Students will be empowered to make wise choices, meet challenges, and develop positive habits in fitness, wellness, and movement activity for a lifetime. **Requirement - Physical Education I and II. A maximum of 6 total credits can be earned in elective physical education courses.**

**3560 \*ELECTIVE PHYSICAL EDUCATION/LIFEGUARDING (10, 11, 12)** This course will cover the American Red Cross Lifeguarding curriculum and provide an opportunity for certification. This certification is necessary to be employed as a lifeguard. Individuals needing to renew their certification could do so through this class. **Requirement – Physical Education I and II, Student must be 15 years of age on or before completion of the class, able to swim 300 yards continuously using only front crawl and breaststroke, retrieve a brick from a depth of 10 feet, and must pass written and practical exams for certification. Requirement – permission of the instructor, A maximum of 6 total credits can be earned in elective physical education courses.**

## ALTERNATE PHYSICAL EDUCATION CREDIT

Any Hamilton Southeastern Schools Freshman, Sophomore, or Junior student who has not participated in the Alternative Physical Education Credit may take one credit of Physical Education through Central Indiana Educational Services Center's (CIESC) On-line Academy. The student will pay the cost of the course, and the high school will recognize the course for Physical Education credit. **The remaining required physical education credit must be earned by participating in a Hamilton Southeastern High School Physical Education class during the school year or a summer school class held at either Fishers High School or Hamilton Southeastern High School. For more information, contact your counselor.**

Hamilton Southeastern Schools is offering an alternative option for Freshman, Sophomore, and Junior students to earn one of the two Physical Education credits. Students participating in HSE sports recognized by IHSAA along with cheerleading, dance, and marching band, and those participating in non-HSE sports are eligible to participate in this option. Students will need to complete two components to earn the Physical Education credit – **coach's form, and four quizzes**. If you are interested in learning more about the requirements, **please check with your counselor. The remaining required physical education credit must be earned by participating in a Hamilton Southeastern High School Physical Education class during the school year or a summer school class held at either Fishers High School or Hamilton Southeastern High School. For more information, contact your counselor.**