

## PHYSICAL EDUCATION COURSES

*The South Christian High School Health and Physical Education Department seeks to encourage students to develop physically, emotionally, academically and spiritually by providing opportunities to meet God's command to develop their talents (Matthew 25) and care for the Temple of the Holy Spirit – their bodies (1 Corinthians 6). We believe that we are all given talents according to God's design. Evaluation is based on principles found in Matthew 25 that God commands us to do the most we can with these abilities. Emphasis is placed on a life-long commitment to developing and practicing healthy behaviors.*

### **501 Health**

One semester

Grade 9

The emphasis of this course is care for the body in all aspects of life – spiritual, emotional, social and physical. Included are units on the body systems, nutrition, fitness, CPR, mental health and various present-day issues including STD's, drug abuse and alcoholism.

### **500 Physical Education 1**

One semester

Grade 9

This required course is taken by all freshmen. The emphasis is on activity. Many sports and life-time activities will be taught with a focus on teamwork and constant activity. Physical fitness training will also be taught, including proper weight training technique.

### **503 Individual Sports**

One semester

Grades 9-12

Prerequisite: PE 1

This semester enrichment course is designed to help students understand and participate in a variety of individual sports. Every aspect of these sports will be taught: history, skills, rules, positions, etiquette and strategies.

### **504 Team Sports**

One semester

Grades 9-12

Prerequisite: PE 1

This semester enrichment course is designed to help students understand and participate in various team sports. Students will learn the necessary strategies, rules, history, etiquette, positions and skills of each sport.

### **510 Personalized Fitness Program**

9 weeks

Grades 9-12

Prerequisite: PE 1

This 9-week enrichment class focuses on an individual's personal fitness. Students will identify areas for their own personal fitness and create workouts to meet their goals. Each student will find what he/she is interested in with fitness and how he/she can use that to improve his/her health. Workouts and goals will be made and evaluated every 4 weeks. Students will be able to explore different fitness options and workout for 30 minutes each day.

### **520 Strength & Speed**

9 weeks

Grades 9-12

Prerequisite: PE 1

This 9-week course is an activity-based course in which students will develop a fitness program and use it during the 9 weeks. Students will also follow instructor-led workouts to improve strength and speed. Topics for discussion include proper weight training principles, prevention of injuries and safety in the weight room. The course is open to students who are willing to work hard during class time, regardless of sport involvement.

**523 Dance and Aerobics**  
Grades 9-12

9 weeks

Prerequisite: PE 1

Various dances from around the world will be taught in this 9-week enrichment class. Students will learn where the dances originated from, music used, practice steps and learn social etiquette of the dances. We will also incorporate fitness through the use of a variety of aerobics and toning.

**527 Racquet Sports**  
Grades 11-12

9 week elective

Prerequisite: PE 1 &  
Enrichment course

During the 9 weeks each student will learn the rules and strategies of a variety of racquet sports such as tennis, badminton, pickle ball, speedminton and table tennis. Students will learn and practice the skills of each sport and participate in game play and tournaments. Playing tactics, strategies and rules will be emphasized.

**529 Recreational Activities**  
Grades 11-12

9 week elective

Prerequisite: PE 1 &

Enrichment course

The focus of this 9-week course is continuing an active lifestyle. Students will participate in various lifetime leisure activities such as cycling, disc golf, bocce ball, croquet, horse shoes, bean bag toss, pickle ball, badminton, tennis, rock climbing, lacrosse, speed ball, team hand ball, bowling and more.