Course Title: HIGH SCHOOL CLASSROOM PHYSICAL EDUCATION A

Course No. 5501 **Grade level**: 9-12

Text and Resources:
Teacher generated resources and activities

Course Content: Key Content Standards and Course Objectives

1. Students will be able to discuss the importance of balanced nutrition for maintaining a healthy lifestyle.
2. Students will be able to design and implement a personal fitness program that relates to total wellness.
3. Students will understand the relationship between biomechanical principles and movement.
4. Students will understand the physiological, psychological, and social benefits of a healthy, active lifestyle.
6. Students will assess and analyze their personal fitness.
7. Students will analyze and compare health and fitness benefits derived from various physical activities.
8. Students will demonstrate responsible personal behavior while participating in movement activities.
9. Students will understand the interrelationship between history and culture and games, sports, play and dance.
10. Students will achieve and maintain a health-enhancing level of physical fitness.

Methods of Study

1. Students will complete all activities assigned.
2. Students will participate in discussion with other class members and/or teacher.

Course Description

Course Value: *One Semester

Credit Value: 1 - 5

The focus of high school physical fitness is on the development of long-term habits that lead to a healthy and fit adult lifestyle.

High School classroom students will participate in an organized physical education program on a regular basis. This program would include both classroom and field-based activities.

These activities will vary according to individual teacher preferences, as well as site accommodations, but would include the Grades 9-12 Physical Education Standards.

*Open entry/open exit

Evaluation of Performance Standards

1. Students will complete all assignments with a minimum of 70% accuracy.
2. The supervising teacher will be satisfied with the quality of the student's work.
3. The student must receive a minimum score of 70% on a teacher assigned final evaluation.
4. Letter grade contracts are optional and require a higher level of performance.