

HEALTH AND PHYSICAL EDUCATION

The Healthful Living Education program promotes behaviors that contribute to a healthy lifestyle and improved quality of life for all students. The Healthful Living Education portions of the Essential State Standards support and reinforce standards and objectives of its two major components – health education and physical education. Fit, healthy students who are present and alert in school have a head start on academic performance.

One credit in Health and Physical Education is required for graduation. Additionally, as part of the Future-Ready Core Course of Study, House Bill 837 G.S. 115c-81 requires that instruction in cardiopulmonary resuscitation (CPR) be included in the North Carolina Graduation Requirement of a Health and Physical Education credit for students entering ninth grade in 2011-2012 and later.

HEALTH & PHYSICAL EDUCATION

Course Code: 60492X0C **Fee (if applicable):** n/a

Offered at: All High Schools **Grade(s):** 9,10,11,12

Prerequisite: None

Health and Physical Education is a required course offered during the freshman year. The Health Curriculum consists of life skills that will help students in coping with daily situations. These skills include: wellness, mental health, nutrition, relationships, family life, CPR, stress management, as well as the negative effects of tobacco, alcohol, and drug use. Physical Education Units are planned to enhance each of the four components of health related fitness; cardiovascular endurance, strength and muscular endurance, flexibility, and body composition. Units of individual and team sports will be included as well. Students will be given the opportunity to earn American Red Cross certifications in CPR/First Aid/AED. Furthermore, this class will prepare students for the successful completion of further certification in Certified Personal Trainer (CPT), and Certified Strength and Conditioning Specialist (CSCS) and will provide students with the knowledge for entrance into the college program of Athletic Trainer-Certified (ATC).

ADVANCED PHYSICAL EDUCATION I - 60292X0CA1

ADVANCED PHYSICAL EDUCATION II - 60292X0CA2

ADVANCED PHYSICAL EDUCATION III - 60292X0CA3

ADVANCED PHYSICAL EDUCATION IV - 60292X0CA4

Course Code: See Above **Fee (if applicable):** n/a

Offered at: DHS, JHS, NHS, SBHS, SWHS, WOHS **Grade(s):** 9,10,11,12

Prerequisite: Health & Physical Education

This course is designed to allow the students an opportunity to gain a well-rounded physical education for life-long activities. The students are given an opportunity to participate in a variety of activities such as: basketball, softball, track, volleyball, soccer, flag football, weight training, physical conditioning, and tennis. Emphasis is placed on the refinement and improvement of skills in each sport.

WEIGHT TRAINING

Offered at: All High Schools **Fee (if applicable):** n/a

Prerequisite: Successful Completion of Health and Physical Education

BOYS/SPRING-Grade: 9 **Course Code:** 60292X0W1S

BOYS/FALL-Grade: 10 **Course Code:** 60292X0W2F

BOYS/SPRING-Grade: 10 **Course Code:** 60292X0W2S

BOYS/FALL-Grade: 11 **Course Code:** 60292X0W3F

BOYS/SPRING-Grade: 11 **Course Code:** 60292X0W3S

BOYS/FALL-Grade: 12 **Course Code:** 60292X0W4F

BOYS/SPRING-Grade: 12 **Course Code:** 60292X0W4S

GIRLS/SPRING-Grade: 9 **Course Code:** 60292X0W5S

GIRLS/FALL-Grade: 10 **Course Code:** 60292X0W6F

GIRLS/SPRING-Grade: 10 **Course Code:** 60292X0W6S

GIRLS/FALL-Grade: 11 **Course Code:** 60292X0W7F

GIRLS/SPRING-Grade: 11 **Course Code:** 60292X0W7S

GIRLS/FALL-Grade: 12 **Course Code:** 60292X0W8F

GIRLS/SPRING-Grade: 12 **Course Code:** 60292X0W8S

PHYSICAL FITNESS I

Course Code: 60602X0C **Fee (if applicable):** n/a

Offered at: SBHS, SWHS **Grade(s):** 10,11,12

Prerequisite: Health & Physical Education

This course emphasizes regular participation in a variety of enjoyable fitness activities that promote a healthy and wellness-oriented lifestyle. This is an individual health-related fitness course in which the students, through active participation, develop knowledge and skills to provide enjoyment in the areas of cardiovascular fitness, flexibility and muscular strength/endurance.

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SPORTS MEDICINE I

Course Code: 60632X0C **Fee (if applicable):** n/a

Offered at: NHS, SBHS, WOHS **Grade(s):** 10,11,12

Prerequisite: None

This course is for those who have interest in human anatomy and physiology, biology, and medicine. Course emphasis will be on the role of an athletic trainer, the legal aspects of sports medicine, basic taping and bandaging, first aid and CPR, anatomy and physiology, EMT skills, sports equipment, and emergency procedures. The sports medicine students may also voluntarily work in a managerial status with the athletic teams. Students will be given the opportunity to earn American Red Cross certifications in CPR/First Aid/AED. Furthermore, this class will prepare students for the successful completion of further certification in Certified Personal Trainer (CPT), and Certified Strength and Conditioning Specialist (CSCS) and will provide students with the knowledge for entrance into the college program of Athletic Trainer-Certified (ATC).

SPORTS MEDICINE II

Course Code: 60642X0C **Fee (if applicable):** n/a

Offered at: NHS, SBHS, WOHS **Grade(s):** 11,12

Prerequisite: Sports Medicine I

Recommendation: Biology

This course is a continuation course for those students with a demonstrated proficiency or interest in sports medicine. This course is by teacher selection only. Each student may voluntarily work with an athletic team, for which they will have the responsibility of carrying out the fundamentals of sports medicine. All student athletic trainers will work under the guidance of the Athletic Trainer and the coach. The course will emphasize injury prevention, evaluation of injuries, and rehabilitation of injuries. There will also be a thorough review and further teaching in anatomy and physiology. Students will be given the opportunity to earn American Red Cross certifications in CPR/First Aid/AED. Furthermore, this class will prepare students for the successful completion of further certification in Certified Personal Trainer (CPT), and Certified Strength and Conditioning Specialist (CSCS) and will provide students with the knowledge for entrance into the college program of Athletic Trainer-Certified (ATC).

SPORTS MEDICINE III

Course Code: 60652X0C **Fee (if applicable):** n/a

Offered at: SBHS, WOHS **Grade(s):** 11,12

Prerequisite: Sports Medicine II

This course is a continuation course for those students with a demonstrated proficiency or interest in sports medicine. This course is by teacher selection only. Each student may voluntarily work with an athletic team, for which they will have the responsibility of carrying out the fundamentals of sports medicine. All student athletic trainers will work under the guidance of the Athletic Trainer and the coach. The course will emphasize injury prevention, evaluation of injuries, and rehabilitation of injuries. There will be an expansion in fields of biomechanics, physiology, sports psychology, sports management and nutrition. Advanced taping and bracing techniques will be taught. Students will be directly involved in the rehabilitation process. Select students will be provided internships at a Physical Therapy clinic. Students will be given the opportunity to earn American Red Cross certifications in CPR/First Aid/AED. Furthermore, this class will prepare students for the successful completion of further certification in Certified Personal Trainer (CPT), and Certified Strength and Conditioning Specialist (CSCS) and will provide students with the knowledge for entrance into the college program of Athletic Trainer-Certified (ATC).

TEAM SPORTS

Course Code: 60292X0CTS **Fee (if applicable):** n/a

Offered at: All High Schools **Grade(s):** 10,11,12

Prerequisite: Health & Physical Education

This is a high level fitness class offered to students who wish to participate in athletics. The focus of the class will be improving sport specific skills and sports related fitness components such as: muscular strength and endurance, balance, coordination, speed, agility, and cardio respiratory endurance.