

# HEALTH AND PHYSICAL EDUCATION

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## CORE COURSES

Our Physical Education program is designed to maximize the fitness, skill and understanding of each student through a variety of unit offerings. The curriculum seeks to develop a positive attitude toward physical activity and fitness. Students are scheduled in physical education for one semester of the school year. Adjustments to the course offerings may be made due to facilities, staff availability, and class size considerations. All units have been designed for both male and female students.

### **CO-ED PHYSICAL EDUCATION: 9**

**2.5 credits**

Freshmen will have four units of physical education. Acclimation to the high school environment and exposure to a range of physical education programs is a high priority for our freshmen.

Aerobics	Football	Lacrosse	Track & Field
Basketball	Games	Physical Fitness	Volleyball
Dance	Gymnastics	Softball	Weight Training

### **CO-ED PHYSICAL EDUCATION: 10, 11, 12**

**2.5 credits**

The activities will vary from unit to unit depending on the available staff and facilities. Students will have four different activity units each year of physical education from the sophomore through the senior year. The following activities will be offered:

Aerobics	Golf	Soccer	Ultimate Frisbee
Archery	Indoor Hockey	Softball	Volleyball
Badminton	Jogging	Speedball	Weight Training
Basketball	Lacrosse	Table Tennis	Wrestling
Bicycling	Physical Fitness	Team Handball	Stress Management
Bowling	Pickle Ball	Track & Field	CPR Certification
Field Hockey	Self Defense	Touch Football	
Games	Slimnastics	Tumbling	

The following courses are not included in the computation of weighted class rank.

*Any child whose parent or guardian presents to the school principal a signed statement that any part of the instruction in family life education is in conflict with his conscience, or sincerely held moral or religious beliefs, shall be excused from that portion of the course where such instruction is being given and no penalties as to credit or graduation shall result there from." (N.J.S.A. 18:35-4.7)*

### **CO-ED HEALTH: 9**

**2.5 credits**

The freshman health curriculum consists of an introduction to the nature of health with concentration in the area of mental health, a review of general first aid procedures and a study of human reproduction and contraception.

**CO-ED HEALTH: 10****2.5 credits**

The sophomore health curriculum is the classroom introduction of driver education culminating with the New Jersey Drivers' [written] examination. Ten hours of substance abuse education, five hours of AIDS education, and several lessons on sexual harassment and violence prevention are included.

**CO-ED HEALTH: 11****2.5 credits**

The junior health curriculum consists of four areas of study: drug education, fitness and nutrition, current health issues, and family life education.

**CO-ED HEALTH: 12****2.5 credits**

In this course, the student is exposed to an in-depth study of the family in American society. The student is familiarized with the many possible situations and responsibilities of today's family. The course is made more varied through the contributions of various outside speakers who help broaden the scope of the student's experience.

**MIND BODY CONNECTIONS 1: 11, 12****2.5 credits**

This is a full-year course designed for the serious student of "fitness". Stress will be placed on the muscular domain. The course is offered in lieu of the required health and Physical Education. Students will design, develop and practice appropriate fitness regiments that will serve them for a lifetime of wellness. An integral part of the course will be devoted to character education as well as other relevant health education issues.

**MIND BODY CONNECTIONS 2: 11, 12****2.5 credits**

This is a full-year course designed for the serious student of "fitness". Stress will be placed on aerobic fitness. The course is offered in lieu of the required Health and Physical Education. Students will study yoga, aerobics and Pilates. Students will design, develop and practice appropriate fitness regimens that will serve them for a lifetime of wellness. An integral part of the course will be devoted to character education as well as other relevant health education issues.

**UNIQUE ELECTIVES AT WEST****DANCE 1****2.5 credits**

This course is designed for those students who seriously want to pursue the study of dance. The student will pursue an understanding and appreciation of Ballet, Jazz, Modern, Multicultural, Hip-Hop, Choreography, and Fitness. The student will aspire to understand the perceptual, intellectual, physical, and technical skills needed for the creation and performance of dance.

**DANCE 2****2.5 credits**

This course will enable the student to further pursue the movement concepts related to a wide variety of dance forms. The student will focus on the technical skills needed for the creation and performance of dance, gain knowledge, understanding, and aesthetic awareness of the Performing and Visual Arts. They will compare, contrast, observe, analyze, and understand visual expression and presentation.