

PHYSICAL EDUCATION AND HEALTH

601 PHYSICAL EDUCATION 1 (.5 credit): This course integrates fitness activities and principles with life-time sports. Students will design and follow a fitness program based on Fitness Gram results and their own unique goals. Resistance training, aerobics, cross training, and many different varieties of workouts will be used to help students improve their fitness. The Sport Education model will provide students the opportunity to participate in many activities in a fun group/team environment that will include students participating in various roles while displaying proper sportsmanship.

602 PHYSICAL EDUCATION 2 (.5 credit): This unique course emphasizes responsible personal and social behavior through physical activity settings such as cooperative games, group initiatives, trust building activities and participation in our indoor/outdoor ropes course. The program is called "Challenge Holds Success" to promote all to challenge and strive to achieve and complete tasks thought not possible. A two week CPR training is included in the curriculum. **PREREQUISITE:** Physical Education 1.

603 HEALTH (.5 credit): This course will focus on many health-related issues facing today's adolescents. It is geared to enhance knowledge and skills for applying current information and resources related to mental health, conflict resolution and violence prevention, communication, family life, environmental health, substance use and abuse, prevention and control of diseases, safety and injury prevention, stress management, nutrition, aging, consumer health, and public health. Maine Learning Results Assessments will be implemented.

604 SPORT ELECTIVE (.5 credit): This course will provide students with vigorous physical activity. Students will learn the knowledge and skills of various team sports and as well as the characteristics of good sportsmanship associated with each sport. Students are required to dress appropriately for the activities, inside or outside. **PREREQUISITE:** Physical Education 1, 2 and Health.

605 OUTDOOR EDUCATION ELECTIVE (.5 credit): This course will provide students with lifetime skills that they can use in an outdoor environment. Topics include canoeing, map and compass survival skills, Wilderness First Aid, camping, food preparation, tree identification, tracking, ATV Training, snow shoeing, and much more. Students must be prepared to be outside in all kinds of weather and have a willingness to try hands-on adventurous activities. Homework, exams, and fees for some activities may be expected with this course. **PREREQUISITE:** Physical Education 1, 2 and Health.

606 ADAPTED PE/WELLNESS PLUS (.5 credit): Adapted PE primarily emphasizes fitness and is designed to improve motor and physical fitness needs of persons with disabilities. Wellness Plus integrates fitness activities and principles with life-time activities in mind. The pace of the curriculum is student driven. **PREREQUISITE:** Instructor permission required.

608 ADVANCED HEALTH (.5 credit): Advanced Health Education enables students to become more aware of current public health issues, careers in the health/medical field, exercise science and advanced nutrition, holistic health, and environmental health. Students will develop and coordinate a service-learning project that includes a community wellness fair. Cony students will have the opportunity to learn more about their own health and the health of others. The class will build on concepts and practices from prerequisite courses.

607 PHYSICAL EDUCATION STUDENT INSTRUCTOR (.5 credit): This course is for students interested in assisting the Physical Education teachers. Responsibilities include: serving as small group leaders, assistance with attendance and equipment procedures, belaying students on the ropes course, and CPR. Applications will be reviewed and student instructors will be chosen by the PE staff. Students apply directly to the Physical Education department and are assigned only after PE approval. **PREREQUISITE:** Physical Education 1, 2 and Health, grades of 85 or better.