

# Physical Education Health Education

Physical Education and Health courses address the Creekside High School's Expected School Learning Results (ESLRs) with an emphasis on *Effective Communicators, Strategic Thinkers, Healthy Self-Directed Individuals & Contributing 21<sup>st</sup> Century Citizens*.

## Physical Education

This course will give the students a wide variety of experiences in team and individual/team activities. All activities and instruction are designed to allow active daily participation as well as develop long-range skills and attitudes. The program will include flag football, basketball, and softball, volleyball, soccer, aerobics, power walking, research projects, etc.

### Course Goals and Objectives

- ✓ Students participate daily in a physical fitness and recreation program.
- ✓ Students develop a personal plan for physical fitness and leisure time recreation.
- ✓ Students identify the importance of cardiovascular recovery, nutrition, and physical fitness.

**NOTE:** All incoming 10<sup>th</sup> graders who have NOT passed five of the six standards of the physical performance fitness test (FITNESSGRAM) administered in the 9<sup>th</sup> grade, **MUST** be enrolled in physical education.

## Health

**\*Beginning with the class of 2012, 5 credits are required to meet the high school graduation requirements.**

This course emphasizes lifelong wellness; personal health, family life, and first aid. Current health-related issues include nutrition, family life, drug abuse, alcoholism, and smoking. Issues of family life include decision-making skills, teenage pregnancy, parenting, birth control, and sexually transmitted diseases. First aid education emphasizes safety procedures, basic first aid techniques and a Red Cross approved CPR certification. This course equips students with the current information to optimize their potential towards achieving wellness.

### Course Goals & Objectives

- ✓ Students define and learn how to deal with stress.
- ✓ Students understand the factors which contribute to depression and the secrecy/stigma surrounding suicide.
- ✓ Students develop an understanding and appreciation for one's self-image and how it affects decision-making.
- ✓ Students identify the symptoms and recognize the seriousness of clinical depression.
- ✓ Students discuss the meaning of substance dependence.
- ✓ Students identify the qualities of drug addiction.
- ✓ Students list the effects of substance abuse on the individual and society.
- ✓ Students understand how relationships develop and function.
- ✓ Students identify the symptoms, cause, and prevention of sexually transmitted diseases.
- ✓ Students identify available health services in the community.
- ✓ Students recognize one's values as it relate to human sexuality, while developing respect for the values of others.
- ✓ Students list and understand the decision-making process as it relates to substance abuse and family life education.
- ✓ Students identify the problems of teenage pregnancy and have knowledge of available community resources.
- ✓ Students understand the principles of nutrition as they apply to a healthy diet.
- ✓ Students recognize the value of exercise in promoting cardiovascular fitness and weight control.
- ✓ Students understand life saving techniques including mouth-to-mouth resuscitation, the Heimlich Maneuver, choking and standard emergency techniques for treating burns, bleeding, broken bones, poisoning and traumatic shock.

*Note: See Physical Education Content Standards for California Public schools, Kindergarten through Grade Twelve for course Guidelines & Goals.*

*Note: See Health Content Standards for California Public schools, Kindergarten through Grade Twelve for course Guidelines & Goals.*