

# PHYSICAL EDUCATION DEPARTMENT Junior High School



Arts &  
Communications



Business, Management  
Marketing & Technology



Health  
Science



Engineering/Manufacturing  
& Industrial Technology



Human  
Services



Natural Resources  
& Agriscience

<b>PHYSICAL EDUCATION/HEALTH - M027 REQUIRED CLASS</b>	7	0.5 credit
--	---	------------

In health, students are introduced to decision making skills that will help them throughout life. Units of study include substance use and abuse, emergency care, quackery and consumerism, infectious and non-infectious diseases, social, physical, mental, emotional health, and systems of the body. Students study various aspects of physical education including basketball, volleyball, softball, soccer, aerobics, and other leisure time activities.

<b>PHYSICAL EDUCATION 8 - M028</b>	8	0.5 credit
------------------------------------	---	------------

In this exploratory program, students become acquainted with activities which include floor hockey, flag football, volleyball, basketball, badminton, softball, track, soccer, and many other facets of physical education that lead to lifelong leisure activities.

<b>HEALTH AND WELLNESS – M010 REQUIRED CLASS</b>	9	0.5 credit
--	---	------------

This one semester required course is to be taken before high school graduation and provides students with information that will enable them to make healthy decisions, define wellness, and deal with various health problems. Topics will include community health services, substance abuse, mental health, chronic and communicable diseases including AIDS and other STD's, personal safety, reproduction, and human growth and development.

<b>PHYSICAL EDUCATION – M020</b>	9	0.5 credit
----------------------------------	---	------------

By participating in team and lifetime activities, students will better understand that physical activity is an important part of a healthy lifestyle. Students will learn the rules, skills, strategies, and etiquette appropriate for each activity. Activities may include soccer, speedball, flag football, field hockey, badminton, racquetball, team handball, volleyball, basketball, floor hockey, other recreational activities, and aquatics. Students participate in aerobic activities and each student's individual level of physical fitness is assessed.