

# HEALTH, PHYSICAL EDUCATION & DANCE

## **LOOK WHAT'S NEW!!**

**Stretch Your Wellness: Stretch and Flow-Yoga (PE)**

**Stretch Your Wellness: Stretch and Restore-Yoga (PE)**

**You will find these classes located under quarter classes. Take them both to equal Stretch Your Wellness Part 2**

### **Unified Physical Education and Leadership 1-4**

This class will allow students with and without disabilities to participate in physical education activities (sports, fitness, and conditioning) in a collaborative and cooperative environment. All students will explore leadership traits and characteristics, communication and listening skills, group work and critical thinking skills in order to provide support in an inclusive environment. Any student who has experience the excitement of participating or watching our Unified Sports will absolutely love this class.

### **Foundations of Strength and Conditioning**

Students are engaged in an individualized program designed to incorporate physical fitness components and improve physical condition. Weight room procedures and safety precautions are stressed in this beginning level course. Students will focus on technique rather than the amount of weight lifted.

### **Strength and Conditioning 2-4**

Students will continue a systematic training program to refine techniques for strength and conditioning. Students will have an opportunity to develop greater strength and to design, with instructor assistance, an individualized strength and conditioning program.

## **Foundations of Lifetime Sports**

Recreation/Leisure sports courses provide students with knowledge, experience, and an opportunity to develop skills in more than one recreational sport or outdoor pursuit (such as adventure activities, tennis, croquet, archery, ping pong, golf, Frisbee, wall climbing, bocce ball, fishing, hiking, cycling, and so on). We are excited to introduce to reintroduce this class with the opening of our fields. We look forward to the opportunity to introduce brand new recreational activities to continue through your lifetime!

### **Lifetime Sports 2-4**

Lifetime Sports 2- 4 extends student experiences in recreational/leisure activities throughout life and allows them to refine their new skills in multiple sport offerings. Students increase knowledge and proficiency in all sport and leisure activities.

## **Stretch Your Wellness (YOGA)**

This course serves as an introduction to the wellness activity of yoga and mindfulness. It will introduce a brief history of yoga, the anatomical benefits, the physical practice of yoga as it pertains to relaxation techniques, breathing exercises, specific postures, healthy diet, and positive thinking. Through the exploration of the four components of mindfulness, students will learn healthy ways to relieve stress and promote a lifetime of wellness.

## **Foundations of Team Sports**

Students will learn rules, terms, historical background and basic skills for a variety of sports. The student will be able to understand team strategy in a competitive situation.

### **Team Sports 2-4**

Students will improve their knowledge of game rules and basic skills through the refinement of participation and increase depth of knowledge team strategies. Students will increase their experience in teamwork through competitive situations in addition to experiencing coaching and officiating opportunities.

## **Foundations of Team Sports Basketball**

Students will learn rules, terms, historical background and basic skills of basketball. The student will be able to understand team strategy in a competitive situation.

### **Team Sports Basketball 2-4**

Students will improve their knowledge of game rules and basic skills of basketball through the refinement of participation and increase depth of knowledge team strategies. Students will increase their experience in teamwork through competitive situations in addition to experiencing coaching and officiating opportunities.

## **Foundations of Team Sports Soccer**

Students will learn rules, terms, historical background and basic skills of soccer. The student will be able to understand team strategy in a competitive situation.

### **Team Sports Soccer 2-4**

Students will improve their knowledge of game rules and basic skills of soccer through the refinement of participation and increase depth of knowledge team strategies. Students will increase their experience in teamwork through competitive situations in addition to experiencing coaching and officiating opportunities.

## **Foundations of Team Sports Football**

Students will learn rules, terms, historical background and basic skills of football. The student will be able to understand team strategy in a competitive situation.

### **Team Sports Football 2-4**

Students will improve their knowledge of game rules and basic skills of football through the refinement of participation and increase depth of knowledge team strategies. Students will increase their experience in teamwork through competitive situations in addition to experiencing coaching and officiating opportunities.

## **Foundations of Team Sports Volleyball**

Students will learn rules, terms, historical background and basic skills of volleyball. The student will be able to understand team strategy in a competitive situation

## **Team Sports Volleyball 2-4**

Students will improve their knowledge of game rules and basic skills of volleyball through the refinement of participation and increase depth of knowledge team strategies. Students will increase their experience in teamwork through competitive situations in addition to experiencing coaching and officiating opportunities.

## **Walking Wellness**

This course is an introduction to the life-time wellness activity of walking. It will provide students with an understanding of the importance that nutrition and exercise has on the pursuit of healthy living. Students will log their effort. Various activities are embedded throughout the course which engage the learner and increase participation.

## **Walking Wellness (2-4 )**

This course extends the student's opportunity for participating in the life- time wellness activity of walking. It increases the distances required to satisfy the curriculum and provides students with nutritional information consistent with healthy living. It provides students with goals that require a commitment to physical fitness in pursuit to healthy living.

## ***DANCE ELECTIVES***

### **Unified Dance and Leadership**

This class will allow students with and without disabilities to focus on beginning levels of dance technique and creative movement in a collaborative and cooperative environment. All students will explore leadership traits and characteristics, communication and listening skills, group work and critical thinking skills in order to provide support in an inclusive environment.

## **Foundations of Dance**

Foundations of Dance focuses on beginning levels of dance technique for a variety of dance styles alignment, dance history, physiology, theory, dancer health, dance careers, choreography, production, performance, and aesthetic criticism.

## **Dance ( 2–4 )**

Dance 2, 3, 4 emphasizes increased technical proficiency in dance styles progressing toward focus on dance as a performing art and means of communication. Students continue to increase knowledge of dance history, theory, choreography, physiology, dancer health, production, performance and aesthetic criticism.

Prerequisites: Foundations of Dance or prior permission of the teacher.

## **Dance for Athletes**

Dance for Athletes 1 focuses on enhancing and refining athletic performance through dance techniques, conditioning, and training in the art of dance. Students will increase knowledge of physiology, dancer health and aesthetic criticism, as well as participate in a dance concert.

## **Dance for Athletes 2–4**

Dance for Athletes 2, 3, 4 emphasizes continued skill development and refinement through a variety of higher- level movement patterns and dance techniques. Students continue to focus on physiology, dancer health and aesthetic criticism. Student-originated performance projects and concert performance occur at these

levels. Prerequisites: Dance for Athletes 1

## **Honors Dance Company 1–4**

Dance Company classes are performance emphasis and goal-based with students involved in research, choreography, and every aspect of dance production. Technical proficiency, academic knowledge, portfolio building, continued improvement and growth in dance, and public dance performance. Must Audition.

## ***HEALTH EDUCATION ELECTIVES:***

### **Human Sexuality Elective**

This is an advanced level course with an emphasis on promoting life enhancing health behaviors relating to one's sexuality. Content focus is on sexuality, decision making, relationships, protecting one's own health, human reproduction, and social issues. Prerequisites: Health

## **Sports Medicine**

The course is designed for students interested in fields such as athletic training, physical therapy, medicine, fitness, exercise physiology, kinesiology, nutrition, and other sports-medicine related fields. This class includes both classroom work as well as hands-on application in order to provide students with an avenue to explore these fields. Through these connections, students will understand the importance that exercise, nutrition, treatment modalities, and rehabilitation play in athletic health. Students will study basic anatomy and the psychological impact of athletic injuries, along with assessment and treatment techniques as they apply to athletic injuries.