



# Physical Education, Wellness, and Safety Education Courses

- Health related fitness is the focus of the Eastview High School physical education curriculum. Eastview's Physical Education department is making use of progressive technology in each class utilizing heart rate monitors to improve each student's level of fitness and assess student participation.
- Our wellness curriculum provides instruction on teaching students to make informed decisions that enhance individual, family and community health, promoting healthful nutrition/dietary practices and physical fitness and working to prevent/reduce tobacco use, drug/alcohol use, intentional and unintentional injuries, and HIV/AIDS/unintentional pregnancies.
- Safety Education/Driver Education is a graduation requirement offered in grades 9-12. See birth date requirements for registration guidelines.

## COURSE REQUIREMENTS FOR GRADUATION

Individual Fitness 9	- 1 Quarter Course	- Grade 9
Individual Fitness 10-12	- 1 Quarter Course	- Grades 10, 11, or 12
Physical Education	- 3 Quarter Courses	- One of these must be taken in either 9th or 10th grade. The remaining two may be taken anytime in grade 11-12.
Wellness 1	- 1 Quarter Course	- Grade 9
Wellness 2	- 1 Quarter Course	- Grade 10
Wellness 3	- 1 Quarter Course	- Grade 11 or 12
Safety Education	- 1 Quarter Course	- See below for birthdate requirements.

**Q1 - Students born on or before Nov. 2, 2000; enroll in course number 0906 - Safety Education A**

**Q2 - Students born between Nov. 3, 2000 and Jan. 19, 2001 enroll in course number 0907 - Safety Education B**

**Q3 - Students born between Jan. 20, 2001 and March 28, 2001 enroll in course number 0908 - Safety Education C**

**Q4 - Students born between March 29, 2001 and May 31, 2001 enroll in course number 0909 - Safety Education D**

**Please see the Eastview Web Site for complete course listings and course descriptions.**

Wellness 1	Individual Fitness 10-12	Aerobics	First Aid	Strength & Conditioning
Wellness 2	Advanced Individual Fitness	Badminton	Gymnastics	Stress Assessment
Wellness 3	Advanced Aerobics	Basketball	Individual Sports	Team Sports
Safety Education	Advanced Badminton	Exercise Science Online	Self Defense	Training for Sport
Individual Fitness 9	Advanced Gymnastics	Fall Team Sports	Spring Team Sports	Volleyball

## COURSES OFFERED ONLY TO STUDENTS IN GRADE 9

### 0901 Wellness 1/Decision Making

Grade 9

Prerequisite: None

This course is designed to gain understanding of concepts related to problem solving and decision making. The major emphasis will be placed on: Human Needs, Life Skills Decision Making Curriculum, effective communication, building and maintaining relationships, and building lifelong healthful dietary and fitness practices. **NOTE: Human sexuality curriculum and HIV/AIDS curriculum are presented in this course; refer to page iv of this guide.**

### 0903 Individual Fitness 9

Grade 9

Prerequisite: None

This introductory course will lay the foundation for students to engage in a lifetime of physical activity. This course provides introduction, instruction, and involvement in cardiovascular exercise, strength training, and flexibility exercises utilizing a variety of training techniques. While increasing the student's cardiovascular endurance, muscular strength and flexibility, there will be an emphasis on learning the proper techniques and safety. Heart rate monitors are utilized on a regular basis in order to emphasize the importance of working out in my zone and monitoring heart rate in order to execute a workout properly. **Students may contribute \$5 to help provide a variety of heart rate monitor strap sizes to enable each student the opportunity to record accurate data and have a strap that fits properly.**

### 0904 Strength and Conditioning 9

Grade 9

Prerequisite: None

This course will introduce students to all aspects of strength training and conditioning. Emphasis will be on safety, basic lifting techniques, and the concept of total fitness training. Fitness assessment and goal setting will be provided. **NOTE: This course can be used as a prerequisite to all other weight training courses.**

## COURSES OFFERED TO STUDENTS IN GRADES 9, 10, 11, and 12

### 0906 Safety Education A (offered Q1)

Grades 9, 10, 11, 12

### 0907 Safety Education B (offered Q2)

Prerequisite: None

### 0908 Safety Education C (offered Q3)

### 0909 Safety Education D (offered Q4)

This course will provide instruction in driver education, accident prevention and modern automobile safety procedures, first aid and CPR. **This course is required for graduation. Students must enroll in a specific course number according to birth dates as follows**

**Q1 - Students born on or before November 2, 2000; enroll in course number 0906 - Safety Education A**

**Q2 - Students born between November 3, 2000 and January 19, 2001 enroll in course number 0907 - Safety Education B**

**Q3 - Students born between January 20, 2001 and March 28, 2001 enroll in course number 0908 - Safety Education C**

**Q4 - Students born between March 29, 2001 and May 31, 2001 enroll in course number 0909 - Safety Education D**

### 0931 Badminton

Grades 9, 10, 11, 12

Prerequisite: None

Competitive Badminton will provide an opportunity for students to understand, practice and apply the skills and strategies in badminton as played by National and International teams.

**0946 Aerobics**

Grades 9, 10, 11, 12

Prerequisite: None

This course will introduce the student to the development of individual physical fitness. Club style step aerobics, Pilates, balance ball, resistance bands and other activities will provide the learners with an opportunity to improve their fitness. Components of instruction will be physiology, muscle conditioning, and cardiovascular conditioning. This course will be scheduled for an afternoon workout.

**0951 Individual Sports**

Grades: 9, 10, 11, 12

Prerequisite: None

The course content will vary depending on the season the course is taken. Units offered will be: physical conditioning, weight training, tennis, badminton, snow shoeing, cross-country skiing, disc golf and golf. There is a possibility a bowling unit will be offered, depending on the quarter and curriculum organization. **Students may have the opportunity to enhance their curriculum experience by paying for the opportunity to bowl.**

**COURSES OFFERED ONLY TO STUDENTS IN GRADES 10, 11, 12****0902 Wellness 2/Prevention**

Grade 10

Prerequisite: None

This course is designed to interpret and understand basic health information and services. Emphasis is placed on the education and awareness of: Personal Health History/Non-Communicable Disease, Violence/Bullying Prevention, Mental Health Awareness, Stress Reduction Techniques, and Responsible Sexual Behavior. **NOTE: Human sexuality curriculum and HIV/AIDS curriculum are presented in this course, refer to page iv of this guide.**

**0941 First Aid: Prevention and Care of Injuries**

Grades 10, 11, 12

Prerequisite: None

This course is designed to train students to help people in emergencies. It teaches the standard first aid skills a person needs to act as the first link in the emergency medical services (EMS) system. Procedures and techniques in the prevention and care of injuries, taping techniques, and the trainer's role in the care of injuries will be emphasized. Certification may be earned through the American Red Cross.

**0942 Strength and Conditioning 10-12**

Grades 10, 11, 12

Prerequisite: None

This introductory course will introduce students (both boys and girls) to all aspects of weight training and conditioning. There will be emphasis on safety, lifting techniques, and a variety of strength training concepts. **Heart rate monitors will be utilized on a weekly basis. NOTE: This course is a prerequisite to all other weight training courses.**

**0943 Girls' Strength and Conditioning 10-12**

Grades 10, 11, 12

Prerequisite: None

This introductory course will introduce female students to all aspects of weight training and conditioning. Girls will gain confidence within all aspects of weight training and conditioning. There will be emphasis on safety, lifting techniques, and a variety of strength training concepts. **Heart rate monitors will be utilized on a weekly basis. NOTE: This course is a prerequisite to all other weight training courses.**

- 0952 Advanced Strength and Conditioning A Q1** Grades 10, 11, 12  
**0953 Advanced Strength and Conditioning B Q2** Prerequisite: Strength and Conditioning 10-12  
**0954 Advanced Strength and Conditioning C Q3**  
**0955 Advanced Strength and Conditioning D Q4**

This course provides advance instruction in individualizing fitness programs and methods. Students will self-assess cardiovascular, strength, and flexibility fitness capabilities, interpret the results and write an individual program to meet their needs. Heart rate monitors will be utilized on a weekly basis with a variety of training methods. **NOTE: Students may choose to register for up to four courses per academic year.**

- 0947 Advanced Aerobics** Grades 10, 11, 12  
Prerequisite: Aerobics

This course will provide advanced opportunities for a student's aerobic development. This course will provide an increased intensity level and complexity of dance movement incorporating Pilates, circuit training and bender ball training. Components of instruction will be physiology, muscle conditioning, and cardiovascular conditioning.

- 0948 Basketball** Grades 10, 11, 12  
Prerequisite: None

This course will provide instruction in basketball skills and play. Students will be given the experience necessary to use basketball as a lifetime fitness activity. Five on five, three on three and one on one tournament play will be included.

- 0949 Gymnastics** Grades 10, 11, 12  
Prerequisite: None

This course will offer individualized instruction in fundamental gymnastics for both boys and girls. The students will choose an area of concentration and progress at their own pace. Areas included will be balance beam, floor exercise, vaulting, and uneven parallel bars, tumbling and vault.

- 0950 Individual Fitness 10-12** Grades 10, 11, 12  
Prerequisite: None

Utilizing concepts learned and implemented in Individual Fitness 9, Individual Fitness 10-12 focuses on a similar workout routine geared toward improving cardiovascular fitness, muscular strength, and increasing flexibility. A wider variety of exercises and activities are implemented, including increasing student knowledge in properly executing a life-long fitness plan. An emphasis will be placed on the different training zones in which an individual should be exercising while educating our students about the benefits of each zone. Heart rate monitors are utilized on a daily/weekly basis in order to emphasize the importance of working out in my zone and monitoring heart rate in order to execute a workout properly. **Students may contribute \$5 to help provide a variety of heart rate monitor strap sizes to enable each student the opportunity to record accurate data and have a strap that fits properly.**

- 0926 Volleyball** Grades 10, 11, 12  
Prerequisite: None

Volleyball will provide an opportunity for students to understand and apply the skills as played by Olympic teams and local leagues. It will include offensive and defensive skills and strategies, tournaments and rules knowledge for officiating.

- 0927 Fall Team Sports** Grades 10, 11, 12  
Prerequisite: None

This course will offer football, soccer, lacrosse as team sports. Emphasis will be placed on skill development, physical fitness and game strategies.

**0929 Spring Team Sports**

Grades 10, 11, 12

Prerequisite: None

This course will offer the sports of softball, ultimate frisbee and team handball. Skill development, physical fitness and game strategies will be emphasized in each unit.

**0930 Self Defense**

Grades 10, 11, 12

Prerequisite: None

This course is designed to offer students instruction in the principles and philosophy of basic self-defense. This course will explore and expand self capabilities and self-defense options. This course provides an introduction to the martial arts and strategies for personal safety and self defense.

**0932 Stress Assessment and Management**

Grades 10, 11, 12

Prerequisite: Wellness 2

This class is designed to help you explore and learn about the cause and effect relationship of stress and decision-making. The goal of this class is to understand the impact of stress on your life and how to reduce the harmful effects, both mentally and physically, through the decision making process. Also to break stressful lifestyle patterns and start utilizing “Star Qualities”. Star Qualities will improve your academic, familial, and social life by improving how you think, learn, and communicate. If you want to stop letting your life control you and start controlling your life, this class is a must!

**0960 Advanced Individual Fitness**

Grades 10, 11, 12

Prerequisite: Individual Fitness 10-12

This class is designed for the students to use and improve on their knowledge from Individual Fitness 9 and Individual Fitness 10-12. In this course, students will be able to produce a fitness plan, within certain parameters, based on the results from fitness assessments performed in previous classes and in this class. Each individual plan will be based on the results of their assessment and the student's individual needs. A focus will be to gain understanding in the long term health benefits of regular physical activity. Heart rate monitors are utilized on a daily/weekly basis in order to emphasize the importance of working out in my zone and monitoring heart rate in order to execute a workout properly. **Students may contribute \$5 to help provide a variety of heart rate monitor strap sizes to enable each student the opportunity to record accurate data and have a strap that fits properly.**

**COURSE OFFERED ONLY TO STUDENTS IN GRADES 11 and 12****0940 Wellness 3/Lifetime Health**

Grades 11, 12

Prerequisite: None

This course is designed to provide tools to determine what preventive measures you can take now to live a longer healthier life. Emphasis is placed on reflection and analysis of: Mental Well-Being, Drug Education, Sexual Health, Health Professions, and Global Health Awareness. **NOTE: Human sexuality curriculum and HIV/AIDS curriculum are presented in this course, refer to page iv of this guide.**

**0965 Exercise Science - Online**

Grades 11, 12

Prerequisite: A grade of B or better in at least one Honors course or Instructor permission and completion of Wellness 1, 2, 3

This online course will provide instruction in human performance. It is intended for the student who is interested in enhancing their own athletic performance and/or pursuing a future degree or career in medicine, nutrition, sport psychology, athletic training, physical therapy, personal training, or coaching. This **college preparatory** course is designed for the highly motivated student and while the course is not an honors course, due to the online aspect, students should be accustomed to the rigor of honors courses and demonstrate the characteristics of a student well-suited for honors courses (see page ii in registration guide). One benefit to the online format is its flexibility. It can be taken as part of your daily schedule or if your schedule is full, it can be completed outside of the normal school day; similar to an independent study class. Secondly, it is an opportunity to gain experience with an online class before enrolling in a post secondary institution.

**0967 Advanced Competitive Badminton**

Grades 11, 12

Prerequisite: Competitive Badminton

Advanced Competitive Badminton will provide an opportunity for students to understand, practice and apply the advanced skills and strategies in badminton as played by National and International teams.

**0958 Advanced Gymnastics**

Grades 11, 12

Prerequisite: Gymnastics

This course will offer individualized instruction in fundamental gymnastics for both boys and girls. The students will choose an area of concentration and progress at their own pace. Areas included will be balance beam, floor exercise, vaulting, and uneven parallel bars, tumbling and vault.