

PHYSICAL WELFARE DIVISION

JILL SMILEY, DIRECTOR

PHYSICAL EDUCATION DEPARTMENT

HEALTH EDUCATION DEPARTMENT

Through a variety of fitness based activities, fitness related discussions, and a comprehensive Health Education program, the Division of Physical Welfare will nurture students' understanding, development, and maintenance of a healthy personal lifestyle.

Students gain the knowledge and skill necessary to become healthy, lifelong learners through a fitness based curriculum. The foundation for cognitive and motor development begins with activities and classroom discussions during Freshman Physical Education and continues through Health Education. Students participating in the upper levels of the program will have choices in fitness, group fitness, cardiovascular and team sports, aquatics, outdoor activities and leadership opportunities.

We make a commitment to provide each individual student with an equal opportunity for daily physical education regardless of his/her athletic ability or physical capability. The individual needs of the student will determine his/her physical education choices. We provide clear and constant reminders of the consequences of poor health and fitness decisions and encourage positive, healthy decision making.



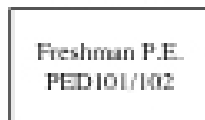
Physical Welfare courses required for graduation:

- All students must be enrolled in P. E. except when waivers apply.
- See pages 4 and 8 for a full explanation of P. E. requirements and waivers.
- Health Education.



PHYSICAL EDUCATION DEPARTMENT SEQUENCE

Grade 9

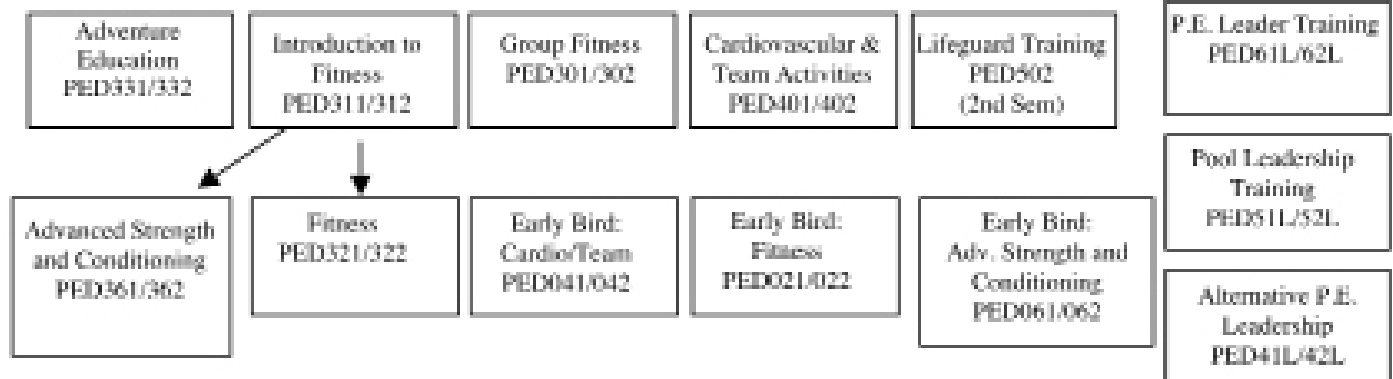


Grade 10



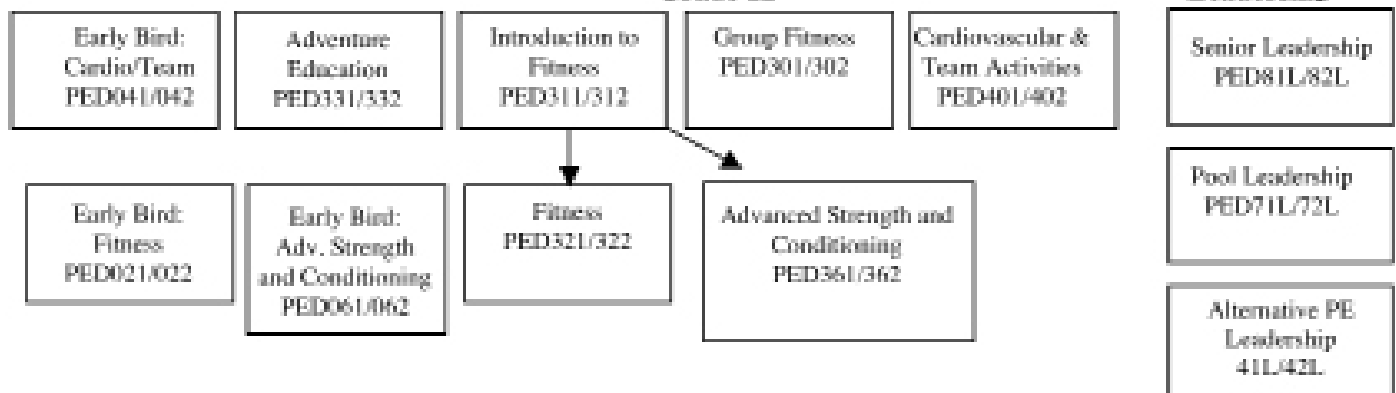
Grade 11

Leadership



Grade 12

Leadership



Please see page 4 for a detailed description of Physical Education requirements and page 8 for Physical Education waiver policies.

PHYSICAL EDUCATION DEPARTMENT

The Physical Education Department offers a health related fitness program. Students will experience a variety of cardiovascular and fitness-related activities as well as develop physical skills while participating in cardiovascular and team-centered activities. Students will also acquire the practical experiences and knowledge required to establish a healthy lifestyle, both as an adolescent and a maturing adult.

The cornerstone of the program is the health related fitness assessment administered throughout the school year. This assessment determines the health fitness level of each student registered in Physical Education and his/her level of improvement.

Excessive absenteeism or non-participation must be made up. Make-up cards are issued to students. Students can attend another class during their free hour, or use the fitness center or cardio center during their lunch hour or during Early Bird Physical Education for make-up credit.

Health education information is linked to the knowledge and understanding each student needs to improve his/her level of emotional and physical health. During the semester a student takes Health Education, he/she is not required to take Physical Education.

Medical excuses are accepted from parents for up to three (3) days within each six (6) week grading period. Excuses of longer duration must be written by a physician. Students with physicians' notes will be accommodated in either an alternative activity or our alternative program (see Alternative Physical Education). If a physical education student is also a student athlete, any medical restrictions in physical education will also affect his/her athletic participation.

All classes in Physical Education (except the Leaders Programs) are PASS/FAIL. Students must pass two of the three six weeks to attain a passing grade. Receiving a failing grade in the last six weeks of the semester will result in a failing grade for the semester.

Freshman P. E.

PED101-Semester 1, PED102-Semester 2

Open to 9

Full Year

Prerequisite: None

Freshman physical education is designed for student to participate in a variety of activities that will focus on developing and maintaining physical fitness and social-emotional concepts through individual and team activities. Students will learn the basic foundations for leading a healthy and active lifestyle. Emphasis will be on improving the health-related components of fitness, social-emotional learning, and the importance of life long exercise. Students must pass a health fitness competency written test. Students must also successfully complete a swimming unit. During participation in this swimming unit, the student will have the opportunity to be certified by the American Red Cross according to his/her swimming proficiency. Fitness testing will be conducted twice each semester.

Introduction to Fitness

PED311-Semester 1, PED312-Semester 2

Open to 10-11-12

One Semester

Prerequisite: None

This program is an introductory course designed to teach students the proper techniques in muscular strength and endurance training, as well as aerobic conditioning. Weight training alternated with cardiovascular conditioning is the hallmark of this course. Students will be taught the proper principles of training and how these principles relate to conditioning. Students will develop their own fitness plan. Fitness testing will be conducted twice each semester.

Fitness

PED321-Semester 1, PED322-Semester 2

Open to 10-11-12

One Semester

Prerequisite: Successful completion of Introduction to Fitness

This course is designed for students to continue developing and implementing personal lifetime fitness plans. Students will participate in a variety of fitness activities and will be taught principles of maintaining lifelong fitness. Multiple credits may be earned for this course. Fitness testing will be conducted twice each semester.

Advanced Strength and Conditioning

PED361-Semester 1, PED362-Semester 2

Open to 10-11-12

One Semester

Prerequisite: Successful completion of Introduction to Fitness

This course is designed to teach highly motivated students advanced techniques in developing muscular strength and endurance, the skill related components of fitness, and aerobic conditioning. Students will participate in a variety of conditioning activities (power and Olympic lifting, speed & agility training, resistance band training, and cardiovascular endurance/interval training) and will be taught principles for creating athletic conditioning programs. Multiple credits may be earned for this course. Fitness testing will be conducted twice each semester.

Group Fitness

PED301-Semester 1, PED302-Semester 2

Open to 10-11-12

One Semester

Prerequisite: None

This program is designed to offer the student a wide variety of fitness activities in order to enhance physical wellness. Activities include step aerobics, low impact, yoga, aqua aerobics, kickboxing, rope jumping, slide, trail and track workouts, circuit training, body sculpting, pilates, and resistance/weight training. Multiple credits may be earned for this course. Fitness testing is conducted twice per semester.

Cardiovascular and Team Activities

PED401-Semester 1, PED402-Semester 2

Open to 10-11-12

One Semester

Prerequisite: None

This program is designed to maintain one's physical conditioning through the use of lifetime individual and team activities. Diverse activities will include racket sports, indoor and outdoor games, and days geared toward improving cardiovascular endurance. Activity choices will depend on enrollment, weather and facilities. Multiple credits may be earned for this course. Fitness testing will be conducted twice each semester.

Adventure Education

PED 331-Semester 1, PED332 - Semester 2

Open to 11-12

One Semester

Prerequisite: None

Students in this course will participate in individual, partner and team activities to work towards becoming better problem solvers, communicators, and learn to trust others while being trusted. Learners will be assessed both individually and within group settings. Some units will require students to be in the pool. Activities may include team building, outdoor games, camping, climbing/rappelling, kayaking and canoeing. Multiple credits may be earned for this course.

Early Bird Physical Education: Cardiovascular and Team Activities

PED041-Semester 1, PD042-Semester 2

Open to 11-12

One Semester

Prerequisite: None

(See P. E. description for Cardiovascular and Team Activities). Early Bird physical education is scheduled from 7:00 a.m. - 7:50 a.m. Students with excessive absenteeism in this class will be removed from the Early Bird program and placed in a physical education class during the regularly scheduled day. Multiple credits may be earned for this course. Fitness testing will be conducted twice each semester.

Early Bird Physical Education: Fitness

PED021-Semester 1, PED022-Semester 2

Open to 11-12

One Semester

Prerequisite: None

(See P. E. description for Fitness). Early Bird physical education is scheduled from 7:00 a.m. - 7:50 a.m. Students with excessive absenteeism in this class will be removed from the Early Bird program and placed in a physical education class during the regularly scheduled day. Multiple credits may be earned for this course. Fitness testing will be conducted each semester twice. Multiple credits may be earned for this course. Fitness testing will be conducted twice each semester.

Early Bird Physical Education: Advanced Strength and Conditioning

PED061-Semester 1, PED062-Semester 2

One Semester

Open to 11-12

Prerequisite: Successful completion of Introduction to Fitness

(See P.E. description for Advanced Strength and Conditioning) Early Bird physical education is scheduled from 7:00 am -7:50 am. Students with excessive absenteeism in this class will be removed from the Early Bird program and placed in a physical education class during the regularly scheduled day. Multiple credits may be earned for this course. Fitness testing will be conducted twice each semester.

Physical Education Leadership Training (College Prep)

GPA Waiver Option

PED61L-Semester 1, PED62L-Semester 2

Open to 11

Full Year

Prerequisite: Admission based on written application submitted to and approved by the Physical Education Department during sophomore year. Application available on the Stevenson website, under the Physical Education web page. The PE leadership program is a two year commitment.

The first year of the P. E. Leadership Program prepares students to become effective teacher aides and strong leaders. There will be active participation in all activities offered at Stevenson's Physical Education program where students will learn to lead group activities, to develop skill progression, to study the methods and techniques of teaching physical education, to officiate a variety of sports to expand leadership skills and to apply knowledge of those skills in group or individual led discussions or teaching opportunities. Students will have the opportunity to apply the skills they learn by assisting physical education classes throughout second semester and in planning a field day for junior high students. All students will participate in an aquatics program and fitness testing. Failure to comply with the Stevenson High School Student Guidebook Code of Conduct and P. E. Leader Code of Conduct can result in immediate dismissal.

Senior Leadership (College Prep)

GPA Waiver Option

PED81L-Semester 1, PED82L-Semester 2

Open to 12

Full Year

Prerequisite: P. E. Leadership Training

Students will apply what they learned in P. E. Leadership Training by serving as teacher aides with a physical education teacher. All students will participate in fitness testing. For participation in the program the student will receive one academic credit for each semester of participation. Failure to comply with the Stevenson High School Student Guide Code of Conduct and P. E. Leader Code of Conduct can result in immediate dismissal.

Lifeguard Training and Certification

PED502-Semester 2 Only

Open to 10-11

One Semester

Prerequisite: Admission based on successful completion of Level Five American Red Cross Personal Water Safety or equivalent. Completion of Health Education and American Red Cross CPR required. Students must be at least 15 years old.

An American Red Cross course designed to provide students with Lifeguarding Certification with First Aid Certification. Students

will also be certified in Oxygen Administration, Preventing Disease Transmission and CPR/AED for the Professional Rescuer. Students taking this class will be encouraged to participate in our Pool Leadership program. The required textbook and materials for the course are available in the Patriot Super Store.

Pool Leadership Training (College Prep)

GPA Waiver Option

PED51L-Semester 1, PED52L-Semester 2

Open to 11-12

Full Year

Prerequisite: Admission based on written application available on the Stevenson website, under the Physical Education web page and approval of the Physical Education Department. It is required that a student have his/her American Red Cross Lifeguarding certification.

The first part of the program consists of the American Red Cross Fundamentals of Instructor Training and Water Safety Instructor Course. Students will learn techniques of teaching swimming, the policies and procedures of the Physical Education Department as they pertain to aquatics and the role of the pool leader in the aquatic program. Following this certification, the students will serve as Water Safety Instructors, Lifeguards, and pool aides to the aquatic coordinator. Each student will receive ongoing Lifeguard In-Service Training while in the program that will keep their certifications current and their skills sharp. At the end of each semester, a student must receive a recommendation in his/her evaluation to continue in the leadership program. The required textbook and materials for the course are available in the Patriot Super Store. Failure to comply with the Stevenson High School Student Guide Code of Conduct and P. E. Leader Code of Conduct can result in immediate dismissal.

Pool Leadership (College Prep)

GPA Waiver Option

PED71L-Semester 1, PED72L-Semester 2

Open to 12

Full Year

Prerequisite: Pool Leadership training

Students will continue to serve as Water Safety Instructors, Lifeguards and pool aides to the aquatic program. Each student will receive ongoing Lifeguard In-Service Training that will keep their certifications current and their skills sharp. At the end of each semester a student must receive a recommendation in his/her evaluation to continue in the leadership program. The required textbook and materials for the course are available in the Patriot Super Store. Failure to comply with the Stevenson High School Student Guide Code of Conduct and P. E. Leader Code of Conduct can result in immediate dismissal.

Alternative Physical Education Leadership (College Prep)

GPA Waiver Option

PED41L-Semester 1, PED42L-Semester 2

Open to 11-12

Full Year

Prerequisite: Admission based on written application (available on the Stevenson website, under the Physical Education web page) and approval of the Alternative Physical Education Instructor.

A written application to the program must be completed in the spring of the sophomore year. Upon admittance, students will accept a two year commitment to the program. New students

will engage in training which takes place in class during the first semester. Students will perform one on one or in small groups working with individuals who have a variety of special needs. Leaders also participate in work with the students outside of the regular school day. This participation is encouraged but not mandatory. Failure to comply with the Stevenson High School Student Guide Code of Conduct and P. E. Leader Code of Conduct can result in immediate dismissal.

Alternative Physical Education

PED111-Semester 1, PED112-Semester 2

Open to 9-10-11-12

Full Year

Prerequisite: A physician's verification must be on file.

Alternative Physical Education is for students who, for medical reasons, are unable to participate in regular physical education classes. This class is also for students with other disabilities that merit an adapted curriculum. All curriculum will be modified and adapted so that all students can participate and benefit. The instructor will work with the doctor in an effort to design a program to meet the individual needs of each student. Upon clearance from the doctor, a student will be readmitted to his/her regularly scheduled physical education class.

HEALTH EDUCATION DEPARTMENT



The emphasis in Health Education is on choices to empower personal wellness through experiential activities.

Health Education (College Prep)

PED201-Semester 1, PED202-Semester 2

Open to 10

One Semester

Prerequisite: None

The following Health Education units are taught:

Wellness and Mental Health

Adult CPR

Fitness and Personal Health

Reality of Drugs

Disease

Life Cycles

Within the Adult CPR Unit students (summer school excluded) have the opportunity to receive Adult CPR certification through the American Red Cross.* All health units are described on the health web page. The Health Education web page is a comprehensive, interactive site which offers students and parents access to complete curricular units, homework, test preparation materials, course expectations, study/review materials and class PowerPoint presentations. Health Education should be completed by the end of the sophomore year. During the semester that a student takes Health Education, the student is excused from Physical Education. During the reality of drugs unit, students will be prepared for the graduation required 46th credit test.

*It is strongly encouraged that students purchase the *American Red Cross Community First Aid & Safety* text. Student participation in the Adult CPR unit is required to earn course credit.

Applied Health (College Prep)

GPA Waiver Option

PED231-Semester 1, PED232-Semester 2

Open to 10-11-12

One Semester

Prerequisite: Student must have taken Health Education and completed all requirements. Student must have also earned the basic adult CPR certification in Health Education.

The following Applied Health units are taught:

Health Careers Exploration

Personal Trainer Certification Preparation

First Aid and Safety/AED/CPR for the Professional Rescuer

College Prep, Social Development and Life Skills

Community Service

The Stevenson Applied Health Education program is intended to provide students with an opportunity to explore various health medical career options available to them. Students will investigate various demands and qualifications required of vocations within health and medicine. During the semester that a student takes Applied Health, the student is excused from Physical Education.