

PHYSICAL EDUCATION AND HEALTH

Dr. Jonathan Jefferson, Director - 560-8953

In grades 9-12, Physical Education is compulsory for graduation that is mandated by New York State law. Students will meet five (5) times every two (2) weeks. The program will be geared toward lifetime sports, physical fitness activities, and ultimately to develop a positive and healthy lifestyle. Activities will be offered in individual, dual and team sports. An adapted physical education program is offered to students who are temporarily or permanently handicapped and unable to safely participate in a regular physical education program. Each full-year course is one-half credit. Over four years, students must accumulate 2 full credits for graduation.

ACTIVITIES OFFERED IN THE PHYSICAL EDUCATION PROGRAM:

Aerobics, Badminton, Floor Hockey, Golf, Jogging, Lacrosse, Paddleball, Physical Fitness, Power Walking, Project Adventure, Recreational Games, Soccer, Softball, Speedball, Swimming, Tennis, Tri-Fit, Ultimate Frisbee, Volleyball, Weight Training, and Yoga.

LIFEGUARD TRAINING COURSE (Meeting time - One semester on a daily basis)

Course No. 4090

Grade Offered: Must be 16 Years of age.

Credit: 0.5

Prerequisite: None

The class will consist of a maximum of twenty (20) students. Each student will need to submit a special parent permission form. Students will need to purchase books and a pocket mask for the course. Each student will be required to pass a medical physical examination prior to the spring semester pre-test. The pre-test is a standard requirement for acceptance into the American Red Cross Lifeguard Training Program. At the end of the course, the students will become a certified Nassau County lifeguard. Certifications also include CPR and First Aid. To obtain certifications the students must successfully complete all written and skills tests required by the American Red Cross. The minimum certification grade on the written tests are 80%, and 100% on the skill tests.

HEALTH EDUCATION (Graduation Requirement)

Course No. 4110, 4140

Grade Offered: 9-12

Credit: 0.5

Prerequisite: None

This course is required of all students, as mandated by the State Education Department. This program is a comprehensive program designed to provide adolescents with knowledge, skills, and understandings that will enable them to act on behalf of themselves and others in ways that are health-enhancing with respect both to their immediate health needs and to the long term consequences of behavior they initiate during the adolescent years. Units of study include: Mental and Emotional Health; Stress Nutrition; Exercise and Fitness; Family and Social Health; Drug Abuse and Alcohol; AIDS and STD's. This class will meet five days per week for one semester or meet every other day for one year.

ADVANCED WEIGHT TRAINING and CONDITIONING**Course No: 3924****Credit 0.5****Grade Offered: 11-12****Prerequisite: None**

This course will provide an opportunity for the development of strength and conditioning for various and fitness related activities. Advanced techniques in weight training, plyometrics, yoga, speed and agility training and aerobics will be featured in this year long program. Proper technique, safety precautions and proper application of the principles of training will be emphasized.

This course is CO-ED.

TRI-FIT**Course No: 3923G****Credit: 0.5****Grade Offered: 11-12****Prerequisite: Teacher Recommendation**

This course will focus on developing cardiovascular fitness to establish a foundation for a lifetime of physical and mental well-being. Activities will be geared towards, but not limited to, developing the skills, strength and cardiovascular endurance necessary to compete in a sprint distance triathlon. Course activities will include running, swimming, interval training and strength training. Students will choose between two beginner races to participate in as a culminating activity- the Power of a Woman Triathlon or 5k race to be held in the spring at Eisenhower Park (race fee to be determined). This course fulfills the NYS Physical Education Requirement.

Class will consist of a maximum of twenty (20) students. Students must be able to swim 25-50 yards freestyle, without stopping, in order to register for the class. Having access to a bicycle is recommended but not required.

YOGA**Course No: 3925****Credit: 0.5****Grade Offered: 9-12****Prerequisite: None**

The physical practice which will include: a focus on cardio-vascular improvement, muscular stretching and lengthening, injury prevention and recovery, as well as a focus on core strength and equilibrium.

Academically: Yoga will provide a word-enriched environment with a particular focus on the sciences of anatomy and physiology.

Students will also be introduced to basic meditation (*mindfulness practice*).