
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, Tennis, Ultimate Frisbee, Volleyball, Swimming, and Weight Training.

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

Course No. **4090**

Grade Offered:

Credit:

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.