

HEALTH AND PHYSICAL EDUCATION

Health	One semester course required for all students, usually taken in 9 th grade
Phys Ed	Physical Education (semester): can be taken four times for credit Advanced Fitness, Dance I, and EEOL can all be taken for PE credit (prerequisite: one PE class).

980 DANCE I, 9-12 (½ credit)

Prerequisites: One semester of Physical Education.

This class can be taken for a physical education credit or for a fine arts credit. Students dance in the studio where they develop their body awareness through application of dance techniques and lessons. Students learn and create dances in class. They experiment with, understand and control the elements of dance for artistic expression and create their own dance compositions, which they present to their classmates. They are introduced to some reasons why cultures & people create dance; they also look at some historical, cultural and aesthetic forces that have fused dance traditions from different parts of the world and consider the influences of historical dance forms on contemporary styles.

995 ADVANCED FITNESS TRAINING, 11-12 (½ credit)

Prerequisites: One credit of Physical Education.

This course is designed for students to explore different methods of fitness training for athletics. The class stresses the importance of a year round fitness program to enhance performance and reduce chance of athletic injury. The course covers flexibility, speed, aerobic, anaerobic, core body, and strength training. In consultation with the instructor, students design a program with short and long term fitness goals. Students are graded on participation, a daily journal to keep record of short and long-term goals, body composition, height, weight, and daily workouts.

997 EXPERIENTIAL EDUCATION & OUTDOOR LEADERSHIP, 11-12 (½ credit)

Prerequisites: One semester of Physical Education.

This course is designed to enrich the intellectual, social, emotional, and physical growth of students by experiencing a wide range of content areas and opportunities within the Blue Hill Peninsula, Acadia National Park, and the State of Maine. Through class instruction, student journals, guest speakers, group projects, and field trips, students will develop skills in leadership, communication, trust building, group problem-solving, and decision-making.

998 HEALTH, 9-12 (½ credit)

Prerequisites: None.

This course designed to help students achieve overall physical, mental, and social well-being. Classes offer up-to-date information in six interrelated content areas: health and the mind; personal health care; the life cycle; the role of drugs; disease; and health and society. In each area the class stresses the active role of the individual and provides, whenever possible, practical techniques that students can use to achieve positive changes.

999 PHYSICAL EDUCATION, 9-12, (½ credit)

Prerequisites: None.

In the fall semester of PE, students are introduced to activities such as: archery, pickle ball, volleyball, aerobics, and weightlifting. The spring semester introduces indoor soccer and floor hockey for team sports, as well as tennis, aerobics, and weightlifting for lifetime activities. The primary goal of this course is to introduce students to a wide variety of activities in an enjoyable atmosphere, to benefit them beyond high school. Students are required to enroll and receive a passing grade in Physical Education for at least two semesters for one credit. Students may take PE up to four semesters for a maximum of two credits.

EXPERIENTIAL EDUCATION

1000 INDEPENDENT STUDY, 11-12, 60 hours over two weeks (½ credit)

Prerequisites: No more than one failed course in the preceding semester.

This is an opportunity for juniors and seniors to design their own learning experience. Students are responsible for determining an area of study that may include exposure to a potential career, development of a talent or interest, travel with an academic focus, or exploration of an area completely unknown.

Independent Study takes place after February break each year, but planning and related deadlines begin in the late fall.

1201 CO-OPERATIVE EDUCATION, 11-12 (1st semester) (½ credit)

1202 CO-OPERATIVE EDUCATION, 11-12 (2nd semester) (½ credit)

Prerequisites: None.

Co-operative Education provides students an opportunity to gain practical experience in a business or profession. Students intern in an area business or organization. Students may be released from school during some class periods in order to intern during school hours as necessary. In order to enter and remain in this program, student attendance and effort must be satisfactory, both at school and at their internship.

Admission to this course requires approval from the Assistant Head of School, and approval from an internship site.

1205 OCEAN STUDIES, 9-12 (1 credit yearly up to four years)

Prerequisites: By teacher permission, may be taken up to four times

Ocean Studies is an interdisciplinary course that explores the many facets of the ocean ecosystem, from local to global scales. This course is for students who are interested in marine-related careers and prefer a hands-on approach to learning. Students will learn basic navigation and seamanship skills and will have the opportunity to participate in scientific research. Our coursework will be embedded in our local fishing community so that the work is relevant and timely. We will work with fishermen and other community members to understand the current issues in the fishery and use creative problem solving and critical thinking skills to develop an understanding of how to sustain local fisheries, as well as promote ocean health. Students will also participate in a variety of field trips ranging from excursions in our coastal ecosystem, to regional organizations to meet scientists or policy makers who influence fishery regulations. Students will present their work at the Fishermen's Forum in Rockland and also at the Eastern Maine Skippers Program year-end event.