

HEALTH AND PHYSICAL EDUCATION

Health	One semester course required for all students, usually taken in 9th grade
Physical Education	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)

Course #	Course Title	Grade Level	Credits	Prerequisites
980	Dance I	9-12	½	Physical Education
995	Advanced Fitness Training	11-12	½	Physical Education
997	Experiential Ed. and Outdoor Leadership	11-12	½	Physical Education
998	Health	9-12	½	
999	Physical Education	9-12	½	

980 DANCE I, 9-12 (½ credit)

Prerequisites: one semester of Physical Education

This class can be taken for physical education credit or for visual and performing 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 and 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)

This course is 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)

In the fall semester of PE, students are introduced to activities such as: archery, pickleball, 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 in 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.