

•HEALTH, PHYSICAL EDUCATION, AND SAFETY DEPARTMENT•

PHYSICAL EDUCATION

One Semester, 1 Credit

Course Nos. 1101 → 9th; 1112 (Males) 1113 (Females) → 11th

Grade Levels: 9 and 11

Prerequisite: None

Description: Physical Education is a general course designed to increase motor skills, aid in proper physical development and fitness, and increase knowledge and appreciation of recreational sports. Emphasis will be placed on life-time wellness activities. This is a one-semester course at each grade level.

The required second semester of PE in the junior year may be either PE, Food & Fitness, or Weights.

HEALTH AND SAFETY

One Semester, 1 Credit

Course No. 1115

Grade Level: 10

Prerequisite: None

Description: Health involves the study of physical, emotional, and social aspects of the human body. It includes a study of anatomy, care and prevention of physical and emotional problems and illnesses, and the effects of tobacco, alcohol, and drugs.

ELECTIVE PHYSICAL EDUCATION/WEIGHT CONDITIONING AB

Full Year, 1 Credit/Sem.

Course No: 1121-1122

Grade Level: 10, 11, 12

Prerequisite: Physical Education AB, B average required in each semester

Co-requisite: Must maintain a C+ average or better after each semester to continue in class

Description: The course is designed to increase ability and interest in overall physical fitness. The major part of the class will be dedicated to increasing muscle strength through weightlifting. Students will also be involved in muscle endurance activities for cardiovascular fitness, stretching exercises for increased flexibility, and agility drills for increased coordination. A by-product of this course should be increased athletic ability and a higher degree of interest in athletic activities. The student's self-esteem should be enhanced in the process of record keeping, attaining goals, and developing a physically healthy feeling. All of these together will hopefully provide each student with an improved health triangle--physical health, mental health, and social health. This course will be physically very demanding.

INTRODUCTION TO EMERGENCY MEDICAL SERVICES AB

Full Year,

1 Credit/Sem.

Course Nos. 1131-1132

Grade Level: 12 ONLY

Prerequisite: Selection will be made by application to the Medical Services Committee.

Description: This course will cover the basic human anatomy and physiology, C.P.R., first aid, bandaging, patient assessment, splinting, patient transport, extrication, with major emphasis placed upon the treatment and transport of the sick and injured. Upon the successful completion of this course, the student will be eligible upon reaching the age of 18 to take the Indiana state examination for certification as a certified Emergency Medical Technician. The student must also complete 15 hours of clinical experience to be conducted at Marion General Hospital. These hours will be scheduled during the evenings or on week-ends at a time agreed upon by the student and the instructor.