

# HEALTH / PHYSICAL EDUCATION

<u>Courses</u>	<u>Grades</u>
Health	9
Physical Education	9, 10
Lifetime Personal Fitness	10, 11, 12
Lifetime Recreational Activities	12

## Physical Education Waiver Guidelines

Students who complete two (2) seasons of school-sponsored and approved activities (interscholastic athletics, marching band, or cheerleading) have the option of waiving the physical education requirement for graduation. Students will not receive credit for these activities; they still need all the required credits for graduation, including their elective credits. With this option however, students may take other electives in place of physical education.

## Credit Flex for Physical Education Credit

Earning credit for Physical Education is also available through the Credit Flex program. Students who are interested in this option should consult the Elyria Catholic website for additional information.

### HEALTH

Code: #901B/G  
Length: Semester

Credit: 0.5

This course is concerned with the students acquiring the knowledge necessary to make responsible decisions regarding their total health. Incorporated into the presentation of body structure, functions, and disorders are the influences of the physical, social, mental, and spiritual aspects of total well-being.

### PHYSICAL EDUCATION

Code: #920  
Length: Semester

Credit: 0.25

This course is concerned with the skill development of the student and implementing more advanced strategies in individual and team activities. The student who is unable to participate will actively perform a constructive function based on the extent of the limitation.

### LIFETIME PERSONAL FITNESS

Code: #923  
Length: Semester

Credit: 0.25

The purpose of this course is to: (a) acquire knowledge of physical fitness concepts, (b) understand the influence of lifestyle on health and fitness, and (c) begin to develop an optimal level of fitness through various fitness activities such as weight training, aerobics, and self-defense. Students will evaluate their own fitness levels and discover ways to improve them. Upon completion of the class, students will have a respect for all aspects of fitness and be able to design a program to meet their own personal fitness needs.

### LIFETIME RECREATIONAL ACTIVITIES

Code: #931  
Length: Semester

Credit: 0.25

This course provides an opportunity for upperclassmen to continue participation in lifetime sports and recreational activities. There will be an emphasis on individual and team activities, where the students will participate in the building and out in the community. **Students are responsible for participation fees in some outside activities (approximately \$5 a week).** This course may only be taken once.