



# HEALTH/PHYSICAL EDUCATION

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## High School Health

This course involves looking at total wellness of an individual. It deals with a person's health choices and behavior, stress management, emotional problems, nutrition, weight control, first aid and CPR, preventing pregnancy, prevention of sexually transmitted diseases, illegal drugs, tobacco, alcohol, the health care system and consumer health.

Grades:	11 – 12	Required 1/2 unit
Prerequisite:	10 <sup>th</sup> grade with permission of instructor and if space available	1 semester

## Aspects of Family Health

This course involves looking at the values and responsibilities of being a healthy individual, a healthy member of relationships and a healthy community member. Topics covered include relationships, self-esteem, goal-setting, social skills, stress management, anger management communications skills, coping skills, developing good habits, and parenting skills. This class differs from High School Health with a stronger focus on mental, emotional and social health.

Grades:	9-12	1/2 unit
Prerequisite:	HS Health (preferably) or concurrent enrollment	2 semesters

## Physical Education

This course involves the art and science of human movement. It deals with the pursuit of skills and knowledge in movement, understanding the effects of physical activity on the body. It recognizes the wide range of ability and interests of students and seeks to provide a program that offers choice and flexibility while maintaining optimum standards and requirements. Activities which are included are as follows: soccer, football, volleyball, basketball, softball, lifetime sports; golf, badminton, shuffle board, tennis, cross-country skiing, weight training, and physical conditioning.

Grades:	9 - 12	Required 1/2 credit
Prerequisite:	None	Each year (9-12)