

## **HEALTH AND PHYSICAL EDUCATION**

In order to graduate from an Ohio high school, students must successfully earn .5 credits in Health Education. A student may complete one semester of health in the ninth grade and thereby complete the requirement.

By successfully completing either Health and Sexuality or Health and Wellness during the ninth grade, students will fulfill their entire health requirement. Students and parents need to be aware that Health and Sexuality contains units on human reproduction. **Students and parents wishing not to participate in this topic should choose Health and Wellness which will also be offered both terms.**

### **HEALTH AND SEXUALITY**

9            .5 credit            1 semester            \$5.00

Standards:

- Growth and Development
- Disease Prevention and Management
- Social and Emotional Health
- Safety

Students in this health class, by focusing on the standards listed above, will address topics related to Sexually Transmitted Infections (STI's); the reproductive process; pregnancy and childbirth; issues in sexuality such as birth control, violence, and abortion; and issues related to marriage and family. The class will address these issues through multiple methods including, but not limited to, gaining exposure to a variety of speakers and discussion formats between peers.

### **HEALTH AND WELLNESS**

9            .5 credit            1 semester            \$5.00

Standards:

- Nutrition
- Disease Prevention and Management
- Alcohol, Tobacco, and Other Drugs
- Safety

Students in this health class, by focusing on the standards listed above, will address topics related to Sexually Transmitted Infections (STI's); nutrition and fitness; mental illness and disorders including self-harm and eating disorders; family relationships; alcohol, tobacco, and other drugs; and violence awareness / personal safety.

### **PHYSICAL EDUCATION**

9            .25 credit            1 semester            \$9.50

The health and physical education curriculum being offered is for the purpose of fulfilling state requirements, as well as for personal enrichment. Students are required to take one-half unit of health courses and one-half unit of physical education courses. Summer school physical education may be substituted for the regular P.E. courses.

High School students have the opportunity to have physical education credit waived by participating in two seasons of marching band, sanctioned high school sports, or cheerleading. The first step in having physical education waived is to have the student obtain a signed waiver form from their marching band director or coach **during the first ten days of their season**. The second step is to contact the guidance office and inform

the guidance counselor that physical education will not be taken during the freshman year.

**Low Organizational Games**

**Fitness Testing**

**Aerobics/Running**

**Weight Training**

**Flag Football**

**Soccer #\***

**Volleyball**

**Cardiopulmonary Resuscitation (CPR)**

**Golf #**

**Bowling \***

**\* Optional offerings**

**#Weather permitting**