

Health/Physical Education

HEALTH

In order to graduate from an Ohio high school, students must successfully earn .5 credit in Health Education.

Please note that Health and Wellness does not focus on Human Reproduction. (sexually transmitted infections). Students and parents desiring to participate in an intelligent and responsible discussion of these topics are advised to register for Health and Sexuality.

This requirement can be met by completing one-half term (9 weeks) and successfully earning .5 credit.

HEALTH AND SEXUALITY

9-12 .5 credit 1/2 term \$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

9-12 .5 credit 1/2 term \$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.

EXCUSED FROM HIGH SCHOOL PHYSICAL EDUCATION REQUIREMENT

****Beginning with the 2009-2010 school year, students in the Fairfield City School District in grades 9, 10, and 11 who successfully complete two full seasons of interscholastic athletics, marching band or cheerleading may be excused from the high**

school physical education requirement. The “two full season” requirement may be completed within a single school year. The “two full season” requirement must be completed by the end of the student’s junior year to eliminate the possibility of seniors being caught in a position of lacking physical education requirements and failing to graduate. *A single exception will be made to this expectation for seniors during the 2009/2010 school year as the district transitions to the new policy.

Under the ORC, the board of education may NOT provide for partial completion of the high school physical education requirement. The one-half unit requirement cannot be partially exempted. For example, it is not possible to combine one quarter of physical education and one successful season to meet the physical education requirement.

Those students excused from the high school physical education requirement are required to complete one-half unit, consisting of at least 60 hours of instruction, in another course of study, as determined by the student.

Those students excused from the high school physical education requirement are still required to earn 24 credits for graduation from the Fairfield City School District

PHYSICAL EDUCATION

9-12 .25 credit 1/2 term \$10.00*

Physical Education is designed to address the total fitness and overall wellness of every student. Students will be exposed to a variety of lifetime activities in the Physical Education curriculum. Students are required to complete one-half unit of physical education for graduation and will receive .25 credits for successfully completing nine weeks of physical education. Once P.E. is on their schedule, the students will have the option of choosing four, 2-week sections of physical education. Each two-week section will be a concentrated, specialized unit on the activity that is chosen. The sessions will be divided into three main areas:

Team Sports

These activities are designed for students who like team play. They focus on sportsmanship, cooperation, communication, and team building. The activities could include, but are not limited to: Badminton I & II, Basketball I & II, Flag Football, Floor Hockey, Soccer, Softball I & II, Track & Field, and Volleyball I & II.

Individual Sports

These activities are designed for students who like individual competition. They focus on skill proficiency, self-discipline, and responsibility. The activities could include, but are not limited to: Archery I and II, Badminton I & II, Fencing I & II, Golf I & II, Racquetball, Tennis I & II, and Wrestling.

Lifetime Activities

These activities are designed for students who want to develop the skills to pursue a lifetime of physical fitness or activity. They focus on self discipline, responsibility, respect for others, and cooperative learning. The activities could include, but are not limited to: Aerobics, Dance, Fitness walking and cardio respiratory training, lifetime fitness, outdoor education, recreational activities (bowling, table tennis, juggling & hackysack), roller-skating, tumbling, and weight training.

FOOD AND FITNESS

10-12 .75 credit 1 term \$12.00*

This class has been developed to give the student the learning and the experience for life long healthy living. Students will learn about safe and correct techniques for physical fitness, and they will have the opportunity to practice fitness activities, aerobic activities and weight lifting. The class will also focus on healthy eating. Nutrition is the theme and food preparation the laboratory. Students will receive .5 credits in Family and Consumer Science and .25 credits in Physical Education.

RECREATIONAL P.E.

The classes listed below are designed for students who have met their P.E. requirement and are looking for a specialized P.E. class. Students must be a junior or senior and must have a written recommendation from a staff member of the P.E. department. These classes will not count toward a student's P.E. obligation but elective credit will be received.

RECREATIONAL P. E. I - TEAM SPORTS

11-12 .25 credit 1/2 term \$10.00

This class is designed for students who thrive on athletic competition. All the activities in this course will center on team building, cooperation, challenge, and problem solving. The course will also cover strategies, rules, history, and game plans associated with different team sports. The activities could include: basketball, flag football, soccer, hockey, volleyball, softball, speed ball, team handball, lacrosse, field hockey, or bowling.

RECREATIONAL P.E. II - STRENGTH TRAINING

11-12 .25 credit 1/2 term \$12.00

This class is designed to have a dual focus for students. The main aspect will be to develop and implement a strength program to enhance their strength and fitness. The second aspect is to participate in athletic activities that will increase cardiovascular endurance.