

PERSONAL DEVELOPMENT

<u>COURSE OFFERINGS</u>	<u>SEMESTERS</u>	<u>GRADE LEVEL</u>	<u>PAGE</u>
Health	1	9	28
Physical Education	1	(8),9, 10	28
Advanced Physical Education	1	10,11,12	29

****FEES SUBJECT TO CHANGE**

HEALTH - 821

Prerequisites: None

Length of Course: 1 semester

Credit: 1/2

Course Fee: \$1.20

For: Grade 9

Description: Health is a required course of all 9th grade students. The interests and problems of teenagers in today's society are given special attention. A special emphasis will be placed on the decisions that are made that will affect your health. Choices such as what you choose to eat, your level of physical activity, how you manage stress, and the types of relationships you have and how they will influence your overall feeling of well-being. Included in these choices will be an intensive examination of human sexuality and abstinence education. All students will be trained in Cardio Pulmonary Resuscitation (CPR) and be given the opportunity to become certified.

NOTE: This course is required for graduation.

PHYSICAL EDUCATION - 817

Prerequisites: None

Length of Course: 1 semester

Credit: 1/4

Course Fee: \$1.00

For: Grades *(8),9, 10 (*If 1 semester of PE is completed and passed in the 8th grade at Fairview Middle School ONLY, this will fulfill ¼ credit of the PE requirement)

Description: Physical Education is a CO-ED course and is an instructional program that allows for the student to receive a minimum of 30 min. of exercise per day. The course will allow for basic stretching of all major muscle groups and a short cardiovascular workout daily. The course also offers daily activities that include aerobic activity through participation in numerous team games. This course also provides the basic skills and knowledge necessary to participate in many life time activities that students will participate in after high school.

NOTE ½ credit of PE is required for graduation.

ADVANCED PHYSICAL EDUCATION - 818

Prerequisites: must already have completed the ½ credit of PE for graduation

Length of Course: 1 semester

Credit: 1/4

Course Fee: \$1.00

For: Grades 10,11,12 (NOT open to grade 9 students)

Description: A personal fitness class to include various units such as weight lifting and archery.