

HEALTH & PHYSICAL EDUCATION DEPARTMENT

COURSE

COURSE LENGTH CREDIT

HEALTH EDUCATION (1401)

sem

½

The purpose of this course is to provide students with a practical and working knowledge that will help them keep physically fit and mentally healthy throughout their lives. The course concentrates on the following areas: Personality Development, Fitness, Nutrition, Communicative Diseases including Sexually Transmitted Diseases, Mental Health, Drug Abuse Education including Alcohol and Tobacco, and current issues in Health and Family Life. A practical and written test qualifying the student for certification in Cardio-Pulmonary Resuscitation is given. Health Education is required for graduation.*

PHYSICAL EDUCATION 9/10 (1101/1102)

year

½

11/12 (1111/1112)

All students are required to participate in a physical education course each year. Classes are coeducational and are organized so that students may select from several activities including team sports, individual sports, Project Adventure or water sports. All 9th and 10th graders *must* successfully complete one unit in pool each year.

LIFEGUARD TRAINING (1105)

year

½

The Lifeguard Training course meets for the entire year on Blue or Gold days. The course is a combination of Lifeguard Training, CPR and Basic Life Support. All of the units follow the American Red Cross programs. There is opportunity for summer employment for those who qualify fulfills Physical Education requirement. Grades 10-12

PREREQUISITE: Passing grade on Level 1 Pool (9th grade). Students must be 15 years of age or older to receive certification.

ADAPTIVE PHYSICAL EDUCATION (1107)

A program offered for students with special needs, whether these needs are temporary or permanent. Students may move from a regular program to the special program, or vice versa. An individualized program of activity is designed for each participant with the assistance of the student's physician where needed.

PERSONAL HEALTH & WELLNESS (1405)

sem

½

Topics covered in this course will include CPR certification, diseases and disorders, environmental health, alternative medicine, health careers, and health issues in college. In addition, some topics such as family life issues, alcohol, tobacco and other drugs, nutrition, and general health and wellness will be revisited and explored in greater depth. Personal Health & Wellness is required for graduation.

* All students in West Islip are required to complete both Health Education (1401) (**state requirement**) and Personal Health & Wellness (1405) between grades 9 and 12 for any diploma earned (**local requirement**).