



## UNIVERSITY HIGH SCHOOL

# Physical Education

The development of physical skills and the understanding of concepts related to health and fitness enhancement can provide students with a foundation for a lifetime of healthful behaviors and pursuits. The Physical Education Health and Wellness Program has been designed to meet this end. We provide a combination of elective and required units. We encourage students to select electives of varying content in order to explore new interests.

Three full years of physical education are required for graduation.

### Registration for physical education courses has these guidelines:

- Registration for specific activity courses will take place during the high school course registration process.
- All freshmen are required to take a dance unit and a swim unit. In addition, the freshmen will be enrolled in a Health/Wellness 9 and fitness training unit during their first 12 weeks of school. Both courses alternate weeks and relate concepts from the classroom to the fitness center. Their remaining units for the year are elective.
- Sophomores are required to register for the Health and Wellness 10 unit; their other five units for the year are elective.
- Juniors are required to register for a

CPR unit. Their other five units for the year are elective.

- Completion of a swim unit is a PE requirement. Various options exist to fulfill this requirement and students will be informed of which options are available to them, based on their experience and ability.

### Extenuating Circumstances

Medical documentation identifying a health-related need for a Physical Education restriction must be shared with the high school nurse and the PEHW department chair, and kept on file, before registration begins. All medical excuses automatically terminate in June of the school year and must be renewed in the fall.

To obtain a medical excuse from a Physical Education class, a note from a physician must first be presented to the high school nurse. Information will then be shared with the PEHW department chair. If the excuse is for a period of time that exceeds 25% of the class meetings, the student will be assigned a grade of Medical for the relevant unit(s). *Students dropping a Physical Education unit for reasons other than medical must arrange to make up the unit with the PE department chair during their senior year.*

### Courses in Physical Education

- Beginning Journalism
- Physical Education I-IV
- Senior Electives

### Sample Activity Courses

- Aqua Fitness • Adventure Education • Badminton • Basketball • CPR
- CPR for Lifeguarding • Fencing • Field Sports
- Fitness Center • Floor Hockey
- General Swim • Golf
- Gymnastics • Health and Wellness 9 • Health and Wellness 10 • Team Sports
- Instructional Swim • Lifeguarding • Self Defense
- Soccer /Hockey • Social Dance • Softball
- Speed/Agility/Games
- Stress Redux • Swimming
- Tap Dance • Team Handball
- Team Sports • Tennis
- Touch Football • Ultimate Frisbee/Games • Volleyball/Eclipse ball • Water Polo
- Yoga/Pilates/Zumba