

# PHYSICAL EDUCATION AND HEALTH

<b>GRADUATION REQUIREMENTS:</b> 2 years Physical Education 1 year Health (Tuesday/Thursday)			
<b>Freshmen</b>	<b>Sophomores</b>	<b>Juniors</b>	<b>Seniors</b>
<b>Required:</b>	<b>Required:</b>		
Physical Education 1 Health	Physical Education 2		

## PHYSICAL EDUCATION

The general objectives of the physical education department include instilling in the students:

- An appreciation and understanding of physical fitness.
- An appreciation and understanding of team sports.
- An appreciation and understanding of lifetime sports.
- An introduction to activities to which some students would not normally have exposure.

**Physical Education grade is a Satisfactory (S) or Unsatisfactory (U); S/U grade is not included in GPA.**

**PHYSICAL EDUCATION 1**      1 year (M-W-F)  
Grade Level: 9                      Weight: N/A

Physical Education 1 is an activity-based course that involves instruction and participation in individual as well as team sports. The different team sports include: speedball, football, soccer, basketball, volleyball, water polo, softball, gym games, and floor hockey. In addition, individual activities include: swimming, weight training, conditioning, and physical fitness testing.

**PHYSICAL EDUCATION 2**      1 year (T-Th)  
Grade Level: 10                      Weight: N/A

Physical Education 2 is an activity-based course that involves continuing instruction and participation in individual as well as team sports. The different team sports include: water polo, speedball, football, soccer, basketball, volleyball, softball, gym games, and floor hockey. In addition, individual activities include weight training, and basic water safety. This requirement is waived for students in Band, Choir, and Orchestra.

## HEALTH

The philosophy of the health program is consistent with the philosophy of Saint Thomas Academy by assisting parents in the education of their children to:

- Instill in the students an appreciation for good health.
- Develop an understanding of current health issues.
- Develop an understanding of the normal and abnormal functioning of the body systems.
- Develop an awareness and understanding of social situations and relationships.
- Develop an understanding of the correlation between lifestyle and wellness.

**HEALTH**                                      1 year (T-Th)  
Grade Level: 9                                      Weight: 0.4

Health education is a graded course involving the study of current health topics and how they pertain to the individual student. The different topics include: a lifestyle for wellness, nutrition, basic anatomy, exercise and fitness, personal appearance, behavior, emotions and human relations, stress, mental and emotional disorders,

safety and accident prevention, adulthood, marriage and parenthood, the reproductive system, drugs, alcohol and tobacco, the nervous system, sense organs, the digestive system, the respiratory system, the cardiovascular system, heredity and health, major health problems, infectious disease and the immune system, first aid, and family and social health