

Physical Education
Health
&
Health Occupations
Department

PHYSICAL EDUCATION POLICIES

250 Units of credit per
year.

All students must report to Physical Education the first week of each semester during the time that they are assigned. At this meeting, each student's specific PE class requirements will be discussed, including information on any exemptions due to medical excuses.

Failure to make up class work will result in a permanent unexcused (5 pts). Each student is allowed a maximum of 25 points off their class grade before automatic failure results. (Clothing =3, participation= 2). Tardies deduct one point per tardiness. In addition, participation can be regained as a bonus point under certain teacher-issued criteria. Points are accumulated per quarter. (Not more than 50 points off can be deducted before failure for the entire semester results)

EXCUSED ABSENCES: All students will be allowed one excused absence (family vacation, illness (not excused by doctor), school-sponsored, activity) each academic quarter. This will not have to be made up if the teacher is made aware of the excuse. Excused absences beyond this amount must be made up. This can be done during an early bird or study hall class.

STUDENTS NEED TO HAVE THESE SESSIONS MADE UP WITHIN THREE WEEKS FROM THE DATE OF THE ABSENCE OR THE ABSENCE MAY BE CONSIDERED UNEXCUSED.

*Written excuses from parents/guardians will be excused by the teacher, but they will require make-up, unless a doctor's excuse later excuses that particular absence.

EXTENDED MEDICAL EXCUSES: Doctor's excuses should be presented to the school as soon as possible when a medical condition exists preventing the student from physical education participation. Copies need to go to the school nurse, school principal, and physical education teacher. Students on extended medical excuses will confer with his/her teacher to decide the level of participation/observation during the term of the medical excuse. Options include:

- a. Assist the instructor during class
- b. Complete written work pertaining to the activity
- c. Perform comparable work assignments

Students on extended medical excuses may be placed in a study hall, at the PE instructor's discretion. A student must participate in four weeks of class activity to be given a letter grade. Otherwise, an "E" will be given, indicating credit, but no grade.

TEMPORARY MEDICAL EXCUSES: any student who will be excused for class on a medical excuse for one week or less (by a doctor) will not be assigned to a study hall. He/she will observe class at the activity area and assist the teacher whenever possible.

GAME DAY EXEMPTIONS: The individual PE instructor may grant varsity level competitors an exemption from game day class participation once weekly. Those excused competitors should remain in the activity area, unless otherwise assigned.

SWIMMING: Students are expected to participate in 100% of the class time assigned for this activity area. Failure to meet this specific requirement can result in semester/quarter class failure. Student should be able to tread water in the deep end for 5 minutes and swim 2 lengths of the pool using a designated stroke. Students who have swimming medical excuses are required to dress out and participate in a substitute activity.

HEALTH CLASS REQUIREMENT: Each grade level will attend one quarter of health class presented by the school nurse or appropriate instructor each year. This time will be taken out of a student's scheduled PE class. A student out of PE class for medical reasons is still required to attend this health class (excused from their assigned study hall). Failure to attend or pass the requirements will necessitate further class attendance or adjustment to that student's PE grade.

UNIFORM: Students are not required to wear a specific physical education uniform. Students are expected to wear clean, appropriate clothing. Advertisements for controlled substances/profanity or offensive material will not be allowed. Students are expected to wear tennis shoes (fully laced) and socks when participating in activity. Cut-off jeans are not acceptable. Sweats may be worn when the weather dictates such apparel. (THE PE INSTRUCTOR IS THE JUDGE OF WHAT IS GOING TO BE ACCEPTED)

CLASS COMPOSITION:

89 - PHYSICAL EDUCATION – FITNESS This course will emphasize health-related fitness and developing the skills and habits

necessary for a lifetime of activity. Movement forms may include the following: outdoor pursuits, aquatics, recreational games, individual and dual sports and some team sports. Ongoing assessment may include both written and performance-based skill evaluation. Heart Rate Monitors may be used to help students realize their cardiovascular fitness level.

90 - PHYSICAL EDUCATION – WEIGHT TRAINING This course will consist of 4 core lifts that will target the major muscle groups of the body and several different auxiliary lifts that work smaller muscles of the body and supplement the core lifts. These lifts require maintaining balance and a high level of coordination in the major muscle groups and will help develop students' athletic abilities. Student's final grade will be assessed in the eighth week of the weight lifting cycle in the form of a one rep maximum lift. In most situations, students will be expected to show a 10 lb. strength gain in three of the four core lifting exercises in order to maintain their current grade.

128 - PHYSICAL EDUCATION - CARDIO CLASS This class is another option for students to earn their eight semester credits of PE in order to reach graduation. This is a two semester class, which consists of 36 weeks. There is no prerequisite in order to attend and participate in this course to earn PE credit. PE cardio will consist of a number of cardiovascular and strength activities completed by each of the students. It will range from walking, jogging, P90X, Yoga, Zumba, Insanity, use of the weight room, and many other creative activities as the course develops over time.

130 - PHYSICAL EDUCATION - MILEAGE CLUB This class will consist of purely walking/jogging. This course is a full year or 36 weeks. This class is a class offered to students who need to gain their required PE credit but are not interested in the course which implements weights, games, or exercise programs. Each student will be graded by the use of pedometers which are supplied to them or the distance that they walk/jog in the given time limit each class meeting.

44 - HEALTH (36 Weeks)

Credit:	1 Unit	Grade Placement:	10, 11, 12
Semesters:	2	Prerequisite:	None

Course Description: Every day everyone makes decisions and choices that affect physical, psychological and spiritual well-being. This course provides the information and understanding needed to make wise choices.

AREAS OF STUDY:

1. Health Foundation
2. Physical Activity and Nutrition
3. Mental and Emotional Health
4. Safe and Healthy Relationships
5. Personal Care and Body systems
6. Growth and Development
7. Tobacco, Alcohol and other Drugs
8. Diseases and Disorders
9. Injury Prevention and Environmental Health

EXPECTATIONS FROM STUDENTS:

1. Successful completion of all assignments and exams
2. Display good work habits and cooperative attitudes

HEALTH OCCUPATIONS

This two-year program is designed to survey various health related careers. The second semester is designed to prepare students for certification and employment in a health career at a hospital or nursing home following graduation from high school. The student will participate in classroom experience at Clinton Community College and work experience with the local medical community. Successful completion of both courses will prepare the student to become licensed as a Certified Nurse Assistant (CNA).

65 -	MEDICAL CAREERS 1 (18 Weeks) (2nd Semester) (<u>Early Bird Class 7:00 - 8:51 a.m.</u>)		
Credits:	2	Grade Placement:	11,12
Semesters:	1	Prerequisite:	Biology recommended but not required

Course Description: Medical Careers 1 is a two-period class offered first semester and taught by Jean Morgan. During this course those students interested in a possible medical career will have an opportunity to explore the many health related careers. An added attraction is the opportunity to obtain 2 semester hours of credit from Clinton Community College in Medical Terminology.

Fees: Textbook, \$70.00

AREAS OF STUDY:

1. Learning medical terminology
2. Exploring medical career opportunities

3. Learning pathological conditions affecting human body

EXPECTATIONS FROM STUDENTS:

1. Learning serious study skills
2. Developing skills in basic health
3. Portraying courtesy and polite behavior in the local health community
4. Transportation to/from presentations outside school environment

66 - MEDICAL CAREERS 2 (18 Weeks) (1st Semester) (Early Bird Class 7:00-8:51 a.m.)

Credits: 2

Grade Placement: 11,12

Semesters: 1

Prerequisite:

Medical Career 1 preferred

Course Description: This two-period class, a continuation of Medical Careers I, will prepare a student for practical employment in the health field. Upon successful completion of the course, students will have the opportunity to write examinations to be certified as a Certified Nursing Assistant, (CNA). Nursing Department and work experience will be obtained within the local medical facilities under the direction of Jean Morgan.

AREAS OF STUDY:

1. Caring for patients in medical facilities
2. Learning basic health care skills

EXPECTATIONS FROM STUDENTS:

1. Take a serious approach to developing work skills
2. Implementation of work skills in the work place
3. Portraying courtesy and polite behavior in the local health community

This course includes several fees:

1. Transportation to/from clinical areas
2. Name tags
3. State Certification exam fees: written \$40.00
 clinical \$60.00

Certification is through Eastern Iowa Community College.