

**St. Augustine High School**  
**Physical Education/Health Department 2007-2008**  
Physical Education 7-12/Athletics/Health  
One Half Credit Hour  
Wellness Center

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**HEALTH**

**Textbook:** Health: Skills For Wellness. Pruitt, Crumpler, Prothrow-Smith, Prentice Hall, 2001

Cost: 60.00 dollars

Materials: Binder, paper, pen

Course Description: This course focuses on the social, physical, mental and emotional health aspects concerning teenagers and young adults. It deals with such problems as alcohol, tobacco and drug abuse, diabetes, effects of stress on the body, nutrition and relationships. It also provides the student with information on how to administer the Heimlich maneuver, first aid, gang violence, violence in schools and gun control.

The following units will be covered throughout the fall and spring semesters:

1. Total wellness
2. Stress
3. Relationships/STD's/HIV-Aids Awareness
4. Gangs & Violence
5. Alcohol/Tobacco
6. Illegal Drugs
7. First Aid & Emergency Care
8. Nutrition

**Policies and Grading System**

Daily Assignments – 45% (Review Questions, Vocabulary, Quizzes, Notebook & Current Events).

Tests – 55%

Tests: Students are required to take chapter or unit tests. Tests will be made up on the day the student returns to school or within three school days at the discretion of the teacher. An unexcused absence or suspension will constitute an automatic zero.

Absences and Tardies: Excused absence – any student who is absent on a regular class day will make up the assignment during class or for homework, but work must be made up within three school days. Unexcused absences – a student will be given a zero for any class work missed on the day or days he/she was absent. Tardies will be dealt with at the discretion of the teacher.

Current Events and Reports: Students may be required to hand in assigned reports on current events. The reports must be typed unless otherwise stated by the teacher. Because current events are assigned one to two weeks before they are due, late work will not be accepted at 100% if the student is absent. All students may turn in a current event one day late at 70%.

Notebook: Health students may be required to keep a notebook which will be graded each 9-weeks and kept by the health teacher at the end of the semester.

## **PHYSICAL EDUCATION**

Materials needed: P.E. shirt, shorts, tennis shoes and bag.

Course descriptions:

**Physical education:** This required course emphasizes general physical conditioning and the achievement of a reasonable degree of fitness along with an understanding of the individual needs for exercise, proper nutrition and recreation. The students will learn the basic skills needed to participate in recreational and team sports including volleyball, basketball, softball, weight training, running and others. A physical fitness test is administered at the beginning and at the end of the course.

**Advanced Physical Education (Athletics):** This upper level course is designed for students at Sophomore- Senior levels who have achieved a reasonable mastery of basic skills with continued emphasis on individual and team conditioning and fitness and exploration of life time sports and recreational activities. A physical fitness test is administered at the end of each semester course.

Prerequisite: Approval by athletic director

The following units will be covered throughout the fall and spring semesters.

1. Volleyball
2. Speedball
3. Ultimate Frisbee
4. Basketball

5. Introduction- Weights with ½ or 1 mile run.
6. Softball
7. Soccer
8. Fun Friday Activities

The following units will be covered throughout the fall and spring semesters in either girl's/ boy's athletics:

1. Volleyball
2. Basketball
3. Softball
4. Track
5. Weight Training
6. Conditioning

Athletics requires a more intense and rigid conditioning and training. To be admitted, students are selected by their coaches and are made aware that taking an athletic class does not guarantee them a position in their desired field/sport. Athletics classes follow the same policies and grading system as regular physical classes.

#### Policies and Grading System

Dress/Participation – 90%

Tests – 10%

Grading is on a weekly basis for a total of 100 points (20 points per day) for the exception on test days or holidays.

Dress: (10 points per day) – Dress consists of school P.E. shirt and short, white socks and tennis shoes. Tank, crop or other t-shirts with obscenities or the advertising of liquor/cigarettes are not allowed.

Grading is as follows:

Shirt, short, socks and tennis shoes will each consist of 5 points for a maximum total of 10 dress points.

Participation: (10 points per day) – Students must participate on a daily basis and cooperate with team members and the teacher. Rude behavior, fighting, fouls and/or degrading language with any peer or with the teacher will be grounds for disciplinary referral/action.

Tests: Students will be required to take physical skills and/or written tests. Those students with a medical excuse will be required to hand in a typed report assigned by the teacher or will make up a physical skills test at a later date with a doctor's release.

Absences and Tardies: Students who are absent must present a blue absent slip. Excused absences are made up at 100%. An unexcused absence or suspension will constitute a zero for that day. Tardies are dealt with at the discretion of the physical education teacher.

General Rules of the Wellness Center Gymnasium: Dress/Participation points may be deducted if students do not adhere to the following rules:

1. Students must enter and leave the gymnasium in complete school uniform for the exception of 8<sup>th</sup> period – who may leave in P.E. attire.
2. Food, drinks or gum is not allowed in any area of the wellness center.
3. Theft or destruction of personal and /or school property in any area of the wellness center will be grounds for disciplinary action.
4. Any student leaving the gymnasium without the permission of the teacher will suffer the following consequences:

1<sup>st</sup> offense – verbal warning with a zero for that day.

2<sup>nd</sup> and subsequent offenses – disciplinary referral and a zero for that day.

Class Rules:

1. Be on time and in correct school or P.E. uniform.
2. Be respectful of the teacher and fellow classmates.
3. Respect school property.
4. Be prepared for class with required materials/books.
5. Play safe in the gym and be focused in the classroom.