

PHYSICAL EDUCATION DEPARTMENT

PHILOSOPHY

It is the philosophy of Catholic life that education develops the faculties and abilities of the entire person, body, mind and soul. Physical education teaches the students to appreciate and develop their God-given abilities and potentials. They are developing a strong body as well as an active, thinking mind within that body. In class they are learning to apply Christian values in relating to others as teammates and opponents. They learn how to compete with others and not against them. Cooperation and respect for the rules helps them to be a good sport now and instills the same Christian attitude as spectators. In addition, the controlled competition in physical education is designed to assist them in developing positive self concepts. With the high ideals and physical fitness established through physical education, each student will be able to live a productive life and appreciate God's people and His earth.

OBJECTIVES

The objectives of this department are:

1. to provide opportunities for, and to instill a desire to develop and maintain physical fitness including flexibility, coordination, balance, agility and cardio-vascular endurance
2. to aid in the proper growth and development of the body
3. to provide proper progression for the development of the body
4. to present rules, strategies and safety practices in a variety of activities
5. to promote the development of skill abilities for activities which will be of interest and value in adult life
6. to develop proper leadership and fellowship qualities

COURSE OFFERINGS AND DESCRIPTIONS

Physical Education/Health

(full year - 10 credits)

Grade 9 - 10

The physical education classes are required of all freshmen and sophomores. Throughout the two years the students will be exposed to a wide variety of team and individual activities. Each student will be tested on practical and theoretical knowledge and safety practices involved in each sport.

Although some subjects are repeated each year, they will vary in scope. The Presidential Physical Fitness Tests may be administered twice a year; at the beginning and at the end of each school year. These tests serve as a measure of individual fitness, improvement and effectiveness of the physical education program.

Activities covered each year are as follows: (Miscellaneous games are not listed but are included each year.)

Freshmen: Boys - Girls Fitness tests, aerobics, horseshoes, shuffleboard, indoor baseball, flag football, golf, soccer, volleyball, tumbling, basketball, floor hockey, softball, and weight training.

Sophomores: Boys - Girls Fitness tests, aerobics, horseshoes, shuffleboard, indoor baseball, ultimate football, volleyball, golf, tumbling, basketball, floor hockey, softball, soccer and weight training.

The class will include health education. Students will be introduced to the physical, mental and social dimensions of health. Primary areas to be covered will include: alcohol and drugs, safety and emergency care, diet, psychosomatic and neurotic disorders, nutrition, CPR, sexual development, AIDS and relationships.

Required: Grades 9 & 10

Fitness for Life/Weight Lifting

(full year - 10 credits)

Grades 12

The course will include the practice of various skills involved in a variety of lifetime physical activities. These will include: walking, golf, volleyball, basketball, indoor baseball, horseshoes, badminton, softball, shuffle board, and one day a week at the Civic Center. Two days will be devoted to weight lifting and conditioning. Students who have dropped the class are not eligible to re-enroll. Class limit 27.