

# Health and Physical Education

*To balance semester sections and to provide the best possible learning experience for students, enrollment in one or more of these courses may differ from original semester choice. Health and physical education are required of all freshmen and must be taken opposite semesters. Physical education and human geography are taken the same semester.*

## **Health (S1) or (S2)**

*One semester, one credit, required of all freshmen.*

One semester of health is required of all freshmen. The health curriculum will provide students with knowledge of various health topics to help them make responsible decisions. The students will self-evaluate and develop goals for improvement. Topics covered include mental health, stress management, nutrition, fitness, substance abuse, social health, and CPR/AED.

## **Physical Education 9 (S1) or (S2)**

*One semester, one credit required of all freshmen.*

This is an activity-based course that involves instruction and participation in individual as well as team sports. The different team sports may include speedball, flag football, volleyball, cricket, and floor hockey. Individual activities include weight training and conditioning, and physical fitness testing. Students are required to purchase and wear the physical education uniform approved by BSM.

## ***Electives***

*BSM offers the following elective health and physical activities to interested students as means to round out their academic choices.*

### **Health**

#### **Think, Learn, Communicate (TLC) (S1) or (S2)**     *one semester, one credit, open to freshmen*

This is a real world applied psychology course where students learn more about themselves and how to relate to others in a more effective way. In this course, students will strive to improve self-confidence, focus on personal development and how to improve relationships with families and friends with the goal of reaching their full potential in high school and beyond. Specifically, the course includes three essential strategies for self-discovery:

### **Physical Education**

#### **Intramural Sports (S1) and/or (S2)**     *One semester, one credit, open to sophomores, juniors, and seniors.*

Students will participate in a competitive intramural sports class. Students will understand the advanced rules and skills of a variety of both indoor and outdoor team sports. Students will understand the principles of training necessary to improve fitness. Each student will measure and evaluate personal fitness, endurance, and strength

#### **Outdoor Adventure (S1)**

*One semester, one credit, open to juniors or seniors.*

This first semester course offering will include canoeing, camping skills, outdoor cooking, fishing activities, team building activities, backpacking, conditioning, survival skills, archery, and hands-on activities.

#### **Racquet Sports (S2)**

*One semester, one credit, open to sophomores, juniors, and seniors.*

Students will understand and apply the advanced rules and skills of badminton, pickleball, table tennis and racquetball. They will also know principles of training necessary to improve fitness.

# Heath and Physical Education

## **Strength Training and Conditioning (S1) and/or (S2)**

*One semester, one credit open to sophomores, juniors. and seniors.*

*Class size is limited to 20 students.*

Students will participate in advanced cardio, core, upper and lower body strength activities throughout the term. The emphasis is on improving each student's overall fitness and strength level. Each student will know how to develop a personal fitness plan and will measure and evaluate person fitness

## **Women's Strength Training and Conditioning (S1) and/or (S2)**

*One semester, one credit open to sophomores, juniors. and seniors.*

*Class size is limited to 20 students.*

Students will participate in advanced cardio, core, upper and lower body strength activities throughout the term. The emphasis is on improving each student's overall fitness and strength level. Each student will know how to develop a personal fitness plan and will measure and evaluate person fitness