

## Health - Course Descriptions

### Health

*7610 Grade 9*

*½ credit*

The Health course at Lancaster High School is designed to assist students in obtaining accurate information, developing positive attitudes and acceptance of personal responsibility in making wise decisions concerning lifelong health. A variety of topics are explored with a focus on how lifestyle choices impact our quality of life. There are guest speakers for various topics concerning teen wellness. This course is a general overview of Health. New York State requires the successful completion of this course for graduation. How will the choices you make today impact your life tomorrow?

## Physical Education - Course Descriptions

### Physical Education 9/10

*8539 Grade 9,10*

*½ credit each year*

Students in 9th and 10th grade will receive a core program based on the philosophy that a physically educated student needs the experience of a wide variety of activities before their junior year. This means that ALL ninth and tenth graders will receive the exact same activities over a two year period. The emphasis of this course will be on developing and improving skills and will be supported by assessments.

### Physical Education 11/12

*New for 2019-2020*

The Lancaster Physical Education Department has partnered with SUNY Erie and offers college courses at our school through the Advanced Studies Program. Students may be eligible to earn college credit for their physical education classes taken during the school day, as part of their physical education curriculum, during Grade 11 and/or Grade 12. In order to receive SUNY Erie credit, students must register and pay tuition for the courses.



▶ SUNY ERIE credits that may be available for this course

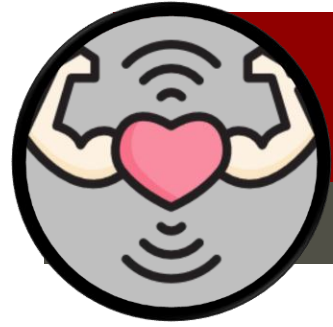
- PE101 – Physical Fitness I (1 credit hour)
- PE102 – Physical Fitness II (1 credit hour)
- PE103 – Weight Training I (1 Credit hour)

★ **All grade 11, 12 students, including those that choose to register for SUNY: ERIE course credit (PE101, PE102, PE103) take the course as outlined below. Registration forms are distributed during class.**

*8540 Grades 11,12*

*½ credit each year*

Students in the 11th and 12th grades will receive a program that is elective based, with each grouping having a particular intensity level. The emphasis of this course will be on demonstrating competency and proficiency in performance and cognitive assessments. Students will be asked to choose their level of intensity and take four different electives over the course of their junior and senior years. One fitness center and pool elective is mandatory.



**Competitive Intensity:** This level is designed for students who want to participate in a variety of team games. These games are designed to provide highly skilled students an opportunity to advance their skills in such games but not limited to, softball, lacrosse, floor hockey, volleyball, basketball, wall ball, team handball, ultimate games, rugby, flag football, tennis and juice box. *(Activities may vary based on facilities)*

**Moderate I Intensity:** This level is designed for students who want to participate in a variety of team games. These games are designed to enhance skill level in a less competitive environment in such activities but not limited to, softball, lacrosse, floor hockey, volleyball, basketball, wall ball, team handball, ultimate games, flag football, badminton and juice box. This level is also more geared to learning the rules of the game for possible officiating opportunities. *(Activities may vary based on facilities)*

**Moderate II Intensity:** This level is designed for students who want to participate in a variety activities that are not competitive in nature and focus more on lifelong fitness activities. These activities are designed to provide the student with the experience of participating in a group setting for the enjoyment of physical activity. These activities are but not limited to, yoga, table tennis, cardio kickboxing, dance, Kin Ball, pickleball, snowshoeing, KanJam and frisbee golf. *(Activities may vary based on facilities)*

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### Lifeguard Training

**8550 Grades 10\*,11,12**

**½ credit**

★ Recommendation: American Red Cross requires students to be age 15+ at start of course and must demonstrate an above average proficiency in swimming. Students must swim a minimum of 300 yard continuously, then swim an additional 25 yards holding a 10 pound weight (brick) without stopping and also have the ability to tread water for a period of time.

⊗ Required: Grade 10 students must receive instructor permission

▶ SUNY ERIE credit may be available for this course

The purpose of this class is to teach students the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare students to recognize and respond quickly and effectively to emergencies. Upon successful completion of all course requirements, students will earn American Red Cross certificates for Lifeguarding & First Aid as well as CPR /AED for the Professional Rescuer.



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### Mental Strength Training

**\*\*\*\* Grades 11,12**

**½ credit**

**New for 2019-20**

This course will teach stress and emotion management using coping and focus strategies, meditation, and other life-long skills. You will learn how low-impact exercise can greatly improve your health and overall well being. We will explore the benefits of communication, resiliency, and taking reasoned action in achieving a goal. Additionally, we will develop a reasoned understanding of the importance of physical activity as related to mental health. All students will design an individualized fitness plan relating to wellness, weight control, and stress management.