

Health, Physical Education and Dance

Narrative Course Descriptions

Non-Negotiable

L82000 Fitness for Life – Requisite for all other Course Offerings – Required!

L70000 Health - Requisite for all other Course Offerings – Required!

Encouraged

L51000 **Walking Wellness** - This is the perfect course for the student who would describe themselves as Athletically Challenged. Its focus is on accumulating the prescribed number of walking steps as determined by the Surgeon General. This course DOES NOT have a “mile run” requirement and it is up to the discretion of the instructor whether or not students are to change their clothes for a particular lesson. Some days, especially in November – March, students may be encouraged to bring their winter-wear for class so that they can go outside.



L140000 **Lifetime Sports** – This course is also a great match for the student who is looking for an activity class to be able to get up and out from behind a desk. The activities are NON-COMPETEITIVE and include such activities as Badminton, Horseshoes, Bocci Ball, Golf, Table Tennis, Racquetball, Volleyball, Croquet, Tennis and Frisbee. The focus is on the acquisition of knowledge related to how to play the games and not necessarily on how well the student performs the task. This course DOES NOT have a “mile run” requirement. This is a great course!

L02000 **Dance I** – This is the entry level course to the dance program at Chesapeake. There is NO experience required to take this course. All the students need to have is a desire to learn movement patterns and willingness to attempt to make the human body perform. There is a Dance Concert as part of the curriculum.



L56000 **Aerobics and Personal Fitness I** – This course is intended for the female athlete who desires to take more active initiative in toning and shaping her body. There are high and low intensity components to this course with an emphasis on deliberate and accurate weight lifting at the female’s ability level. No pressure to lift a lot of weight! Just enough weight to make a difference in muscle tone and appearance.

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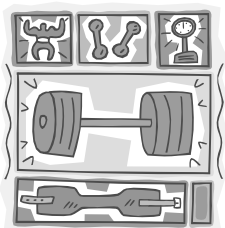
L06000 Dance for Athletes I – This course is intended for ANYONE who wants to focus on enhancing and refining athletic performance through techniques and training in Dance. Agility, Flexibility, Footwork and Balance are all specifically addressed in this beginner course. A student taking this course satisfies the fine arts credit while at the same time improves upon his or her ability to perform on the athletic field. It is important to note that a student selecting this course does not necessarily

L72910 Sports Medicine – Because of some of the units of study included in this course are of an advanced nature, we would ask that students be in at least 10th grade but preferably 11th and 12th grade before scheduling it. This course features American Red Cross's First Aid and CPR training as well as Automatic External Defibrillator training. Students will engage in Anatomy and Physiology labs and Body Composition labs. Components of Athletic Training and Physical Therapy will be discussed. Sports Psychology and Sports Nutrition will also be presented. This is an outstanding course for anyone thinking about a career in medicine or Athletic Training/Physical Therapy.



L75000 Human Sexuality – Dispel the myths and misconceptions of human sexuality in an open and full-discussion course. Mrs. Wilson takes a very candid and protected approach to introducing this extremely important component of adult/adolescent life. Students should consider themselves “mature” and able to participate in discussions of this nature. Anyone interested in the health professions should consider taking this course.

Tried and True



L58000 Weight Training – Always a department favorite. This course engages students in an individualized program designed to incorporate fitness components to enhance physical abilities. Students will work both the Strength and Endurance aspects of weight training and will learn the safe and important aspects of lifting.

L37000 Team Sports – A likely transition for the Fitness for Life student who enjoys sports. This course affords the student the opportunity to expand upon their knowledge of sports, their understanding of sport strategy, and their interest in many games. The focus of this course will be play and skill development. Activities include Flag Football, Softball, Soccer, Tennis, Basketball, Volleyball, Team Handball, and Ultimate Frisbee. Individual teachers use their discretion and facility availability to determine the units of study and their order.

Additional information may be obtained from the Health and Physical Education Department Members. Please feel free to contact any of our staff if you have questions.