

# PHYSICAL EDUCATION / HEALTH

## HEALTH

**1/2 Credit**

**Length 20 weeks**

**Prerequisite: Sophomore status or higher**

Health Education discusses topics which include, but are not limited to, development of healthy lifestyles and habits relative to physical, mental, emotional, and social health. Topics such as physical fitness, stress management, risk assessment, nutrition, infectious and noninfectious disease risk, and alcohol and substance abuse are discussed. CPR, First Aid and AED instruction is also included in this course.

## INTRODUCTION TO PERSONAL FITNESS

**1/2 Credit**

**Length: 20 weeks**

**Prerequisite: Sophomore status or higher**

This course serves as an introduction to the field of physical fitness. Students will participate in a variety of lab activities and projects designed to better understand the proper execution and prescription of exercise. Students will be instructed in proper exercise safety and screening procedures, and become proficient in determining and monitoring their physical fitness status. Students will develop the knowledge, skills, and competence to conduct fitness assessments and to design exercise programs for various populations.

## FOOD & NUTRITION

**1/2 Credit**

**Length: 20 weeks**

**Prerequisite: Sophomore status or higher**

This course is an introduction to the basic principles of nutrition and wellness, focused on healthy food preparation and lifestyle choices. The goal is to enhance student awareness of personal food choices, and provide necessary consumer skills essential for a healthy diet. The course provides opportunities for students to explore factors that impact lifelong health and wellness, including food safety and food preparation. Students participate in a variety of food labs where they will prepare and evaluate food choices. \*Students in this course have the opportunity to earn college credit (3.0) through the Hilbert College's Dual Enrollment Program.

## PRINCIPLES OF EXERCISE SCIENCE

**1 Credit**

**Length 40 weeks**

**Prerequisite: Sophomore status or higher**

Principles of Exercise Science explores the science of exercise and movement by understanding how the human body responds and adapts to physical activity and athletic conditioning. This knowledge is then applied to health, fitness, and athletic performance in a variety of ways that incorporates scientific methodology, human anatomy, and physiology. Topics of emphasis include exercise physiology, metabolism, athletic injury, human biomechanics, and fitness evaluation. This course includes both traditional classroom instruction, combined with hands-on skills and lab experiences.

\*Students in this course have the opportunity to earn college credit (3.0) through the Erie Community College Advanced Studies Program.

## HEALTH CAREERS

**4 Credits**

**Length: 1/2 Day/40 Weeks/2 year program**

The curriculum covered in this course includes: basic nursing procedures, CPR, nutrition and diet therapy, mother and child care, care of the elderly and handicapped. Students apply what they learn through clinical experiences in hospitals, nursery schools and nursing homes.

**This course meets the graduation requirement for 1/2 unit of health.**

## SPORTS CONDITIONING & EXERCISE SCIENCE

**4 Credits**

**Length: 1/2 Day/40 Weeks/2 year program**

Sports Conditioning & Exercise Science provides an excellent academic foundation for students choosing to pursue post-secondary degrees and professional certifications in a wide array of health careers including personal training, athletic training, physical therapy, chiropractic, massage therapy, and dietician