The mission of the Physical Education and Health Department at Fishers High School is to provide opportunities to develop skills, knowledge, and awareness for all students through basic required courses as well as a variety of elective course offerings. The overall aim is to help students develop lifelong habits that include regular, vigorous exercise and activity, as well as an understanding of health and well-being as an individual and ongoing responsibility.

3506 * HEALTH AND WELLNESS EDUCATION (9, 10, 11, 12) Health Education provides the basis for continued methods of developing knowledge, concepts, skills, behaviors, and attitudes related to student health and well-being. This course includes the major content areas in a planned, sequential, comprehensive health education curriculum. The ten areas of study include: (1) Growth and Development; (2) Mental and Emotional Health, Suicide Prevention; (3) Community and Environmental Health; (4) Nutrition (My Plate); (5) Family Life; (6) Consumer Health; (7) Personal Health; (8) Alcohol, Tobacco, and Other Drugs; (9) Intentional and Unintentional Injury; and (10) Health Promotion and Disease Prevention; (11) CPR/AED Instruction; (12) Domestic/Dating Violence (Heather's Law); (13) Organ Donation (14) Cyberbullying and the safe use of technology. Students are provided with opportunities to explore the effect of health behaviors on an individual's quality of life. This course assists students in understanding that health is a lifetime commitment by analyzing individual risk factors and health decisions that promote health and prevent disease. Students are also encouraged to assume individual responsibility for becoming competent health consumers. A variety of instructional strategies, including technology, are used to further develop health literacy.

3542 * PHYSICAL EDUCATION I (9, 10, 11, 12) This course is required for the freshman year. Physical Education I places an emphasis on health-related fitness and developing the skills and habits necessary for a lifetime of activity. This program includes skill development and the application of rules and strategies of complex difficulty in the following different movement forms: (1) health-related fitness activities (cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition); (2) aerobic exercise; (3) team sports; (4) individual and dual sports; (5) outdoor pursuits; (6) dance; and (7) recreational games; (8) aquatics; (9) yoga. Ongoing assessment includes both written and performance-based skill evaluations with a large emphasis placed on class participation. Adaptations will be made when necessary for students whose physical and/or mental handicaps limit their participation in certain activities. **PE I will require completion by the end of Summer School prior to grade 10.**

3544 * PHYSICAL EDUCATION II (9, 10, 11, 12) Physical Education II emphasizes a personal commitment to lifetime activity and fitness for enjoyment, challenge, self-expression, and social interaction. This course provides students with opportunities to achieve and maintain a health-enhancing level of physical fitness and increase their knowledge of fitness concepts with a large emphasis on aquatic activities. It will also include at least three different movement forms without repeating those offered in Physical Education I. Movement forms may include: (1) health-related fitness activities (cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition); (2) aerobic exercise; (3) team sports; (4) individual and dual sports; (5) outdoor pursuits; (6) yoga; (6) outdoor pursuits; (7) aquatics; (8) dance; and (9) recreational games. Ongoing assessment includes both written and performance-based skill evaluations with a large emphasis placed on class participation. This course will also include a discussion of related careers. **PE II will require completion by the end of Summer School prior to grade 11.**

3500 ** ADVANCED HEALTH EDUCATION/SPORTS MEDICINE I and II (10, 11, 12) This course is designed for the student who is interested in the medical field, especially as it relates to sports and activity. Course will cover the basics of the sports medicine field, including organization, legal concerns, nutrition, and fitness. Sports Medicine II will take an in-depth look at injuries and injury prevention. Requirement: Must have received a “C” or better in Health.

3560 ** ELECTIVE PHYSICAL EDUCATION/COED RECREATIONAL GAMES (9, 10, 11, 12) This coeducational course is designed for the student who wishes to be involved in daily physical activity beyond the freshman year. The emphasis is placed on lifetime leisure activities including but not limited to: badminton, ping pong, volleyball, basketball, tennis, swimming, and soccer. Requirement: Physical Education I and II with a "C" average recommended. A maximum of 6 total credits can be earned in elective physical education courses.

3560 ** ELECTIVE PHYSICAL EDUCATION/LIFETIME FITNESS THROUGH PHYSICAL EDUCATION (9, 10, 11, 12) This course is designed for those who would like to focus on developing their total body fitness. Students will have an opportunity to improve through strength, endurance, and muscle tone by using the selectorized machines in the FHS weight room. Students will also regularly use the cardio equipment to improve cardiovascular fitness. Other activities will include step aerobics, jogging, swimming, and aerobic and strength building circuits to add variety to the daily workout. A goal of this class would be to run the Indianapolis Mini-Marathon or another organized race. Requirement: Physical Education I and II with a "C" average recommended. A maximum of 6 total credits can be earned in elective physical education courses.
**ELECTIVE PHYSICAL EDUCATION/WEIGHT TRAINING (9, 10, 11, 12)** This course is designed for students with limited exercise and workout experience and various fitness levels. Students will learn proper weight training technique and fundamentals and apply them in a full body workout three days per week. Students will also work on cardiovascular fitness through a progressive running program and aerobic exercise as well as train to improve their speed, agility, and explosive power. The class is designed for students who want to improve their general strength, fitness, and body image. Students will be challenged but allowed to progress at a pace and intensity level appropriate to their conditioning level. **Requirement:** Physical Education I and II with a "C" average recommended. A maximum of 6 total credits can be earned in elective physical education courses.

**ELECTIVE MEN’S PHYSICAL EDUCATION/ADVANCED PHYSICAL CONDITIONING (9, 10, 11, 12)** This course is designed for Fishers HS male athletes involved in IHSAA sponsored sports. Instruction will focus on the development of strength, explosive power, speed, and agility. This course is for the motivated student-athlete who is serious about improving his/her strength, explosive power, speed, and agility through a strenuous training program involving weight training, plyometrics, and speed development drills. **Requirement:** Physical Education I and II with a "C" average recommended. A maximum of 6 total credits can be earned in elective physical education courses.

**ELECTIVE WOMEN’S PHYSICAL EDUCATION/ADVANCED PHYSICAL CONDITIONING (9, 10, 11, 12)** This course is designed for Fishers HS female athletes involved in IHSAA sponsored sports. Instruction will focus on the development of strength, explosive power, speed, and agility. This course is for the motivated student-athlete who is serious about improving his/her strength, explosive power, speed, and agility through a strenuous training program involving weight training, plyometrics, and speed development drills. **Requirement:** Physical Education I and II with a "C" average recommended. A maximum of 6 total credits can be earned in elective physical education courses.

**ELECTIVE PHYSICAL EDUCATION/ADVANCED WATER RESCUE (9, 10, 11, 12)** This course will cover the Red Cross Advanced Water Rescue curriculum and provide an opportunity for certification. This certification is necessary to be employed as a lifeguard. Individuals needing to renew their certification could do so through this class. **Requirement:** Physical Education I and II. Student must be able to swim 300 yards and must be a minimum age of 15. Permission of the instructor, a maximum of 6 total credits can be earned in elective physical education courses.

Any Hamilton Southeastern Schools student may take Physical Education credits through CIESC’s On-line Academy. The student will pay for the cost of the course and the high school will recognize the course for Physical Education credit. The remaining required physical education credit must be earned by participating in a Fishers High School Physical Education class either during the school year or a summer school class held at Fishers High School or Hamilton Southeastern High School. For more information, contact your counselor. Students are encouraged to complete these credits by the end of the summer prior to grade 11.

**ALTERNATE PHYSICAL EDUCATION CREDIT GRADES 9, 10, AND 11 STUDENTS ONLY**

Hamilton Southeastern Schools is offering an alternate option for 9th, 10th, and 11th graders only to earn ONE of their two Physical Education credits. During the same semester that students are participating in a qualified physical activity/sport, they can enroll in the alternate physical education credit and can earn one of their two required credits. In order for the activity or sport to qualify for the credit students must participate in the activity/sport for a minimum of 3 times per week for 1.5 hours. This time is in addition to any competition during the duration of the activity or sport season or league. There are other requirements included for this credit option. For more information please ask your counselor how to locate the registration information on the FHS website. The remaining required physical education credit must be earned by participating in a Fishers High School Physical Education class either during the school year or a summer school class held at Fishers High School or Hamilton Southeastern High School.