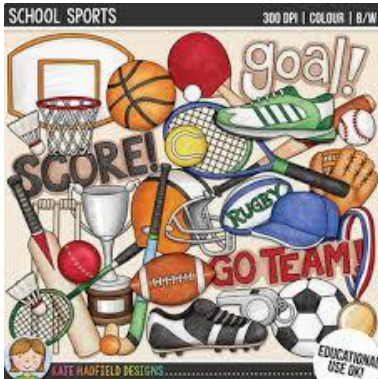




BOULDER CREEK PHYSICAL EDUCATION



Required courses for graduation – Students will have Health 1 semester and an Activity class 1 semester

Health - 1 semester course

This course includes concepts essential to today's health curriculum. Topics that will be discussed in class include Personal Health (responsibility, decision making, self-esteem), Mental Health (understanding needs, stress management), Physical Health (activity and nutrition), Drugs (addiction, tobacco, vaping, illegal drugs, and alcohol), Body Systems (male and female reproduction), Family and Social Health (relationships, internet safety, STDs, HIV/AIDS, communicable and non-communicable diseases), and First Aid/CPR.

Team Sports or Fitness- 1 semester course

Team Sports - This is a fitness concept based class that includes activities such as volleyball, badminton, pickle ball, and other nontraditional games. This course meets the physical education core class portion of the graduation requirement.

Fitness - This is a fitness concept based class that provides a variety of ways for students to become physically fit. It is the goal of the class to promote a lifelong commitment to fitness. The students will have an understanding of several topics such as cardiovascular fitness, body composition, weight control, flexibility, aerobic/anaerobic conditioning, muscles, heart rate monitoring and weight training. This course meets the physical education core class portion of the graduation requirement.



Recommended for all incoming *Freshmen Boulder Creek Athletes* -

Systematics 1-2- year long course

This is a fitness concept based class that includes activities such as cardiovascular conditioning, weight training, core strength training, and plyometrics. This is an elective credit course.