

## Physical Education and Health Requirements

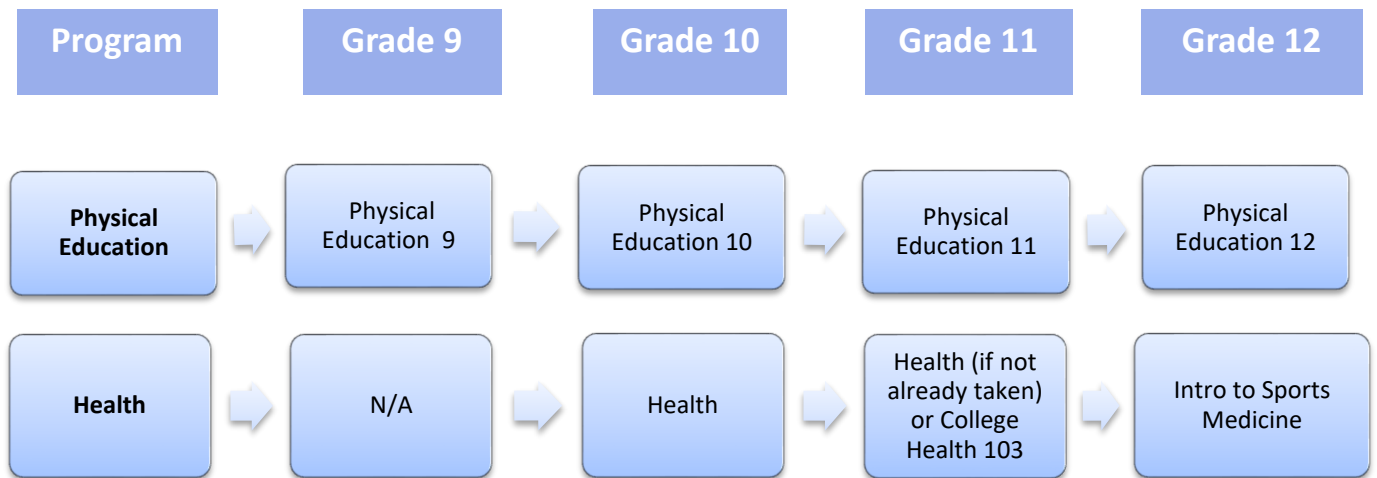
### Regents and Advanced Regents Diplomas

In order to obtain a Regents Diploma or an Advanced Regents Diploma, a student must earn 2 credits of physical education (1/2 each year) and a half credit of health education.

### Typical Health and Physical Education Progressions

**Note:**

*There are no optional progressions in physical education. All students must take PE each year. Health can be taken any year in grades 10 – 12.*



## Health

*Credit: .5*

*Weighting: 0*

### Course Description

This intermediate health course is designed for students to take a closer look at their personal health behaviors (physical, social, and mental) and the impact it will have on their overall wellness. Through various lessons, interactive activities and learning experiences students will gain the knowledge and experience to live a long and healthy life. Topics of study include but are not limited to: mental/emotional health, nutrition, drugs of abuse, social health, and diseases. This course is also offered in the summer online through Columbia Greene Community College. If interested in the summer health course, please see your guidance counselor for more details.

### Course Requirements

None

## Physical Education

*Credit: .5*

*Weighting: 0*

### Course Description

This course is designed for students to take a closer look at their personal fitness and health. Through various learning experience and activities, students will acquire the skills and knowledge to participate in physical activity and sport throughout their life. New York State Physical Education learning standards will be the framework for all units and lessons.

### Course Requirements

For safety reasons, students are expected to dress with appropriate footwear.

## Health 103

*Credit: .5 (3 college credits)*

*Weighting: 4*

### Course Description

An introductory course dealing with the current critical issues involved in promoting and maintaining a wellness lifestyle. Emphasis is placed on viewing health in a multi-dimensional manner and assuming responsibility for maintaining one's health. Major issues to be addressed include stress, cardiovascular diseases, cancer, drugs, nutrition, environmental health, and physical conditioning.

### Course Requirements

Prerequisite: 85% GPA and teacher recommendation

## Introduction to Sports Medicine

*Credit: .5*

*Weighting: 0*

### Course Description

In this introductory course students will discuss and learn the basics about sports injuries and recovery. Topics will include: basic injury care and prevention, the biomechanics of common sports injuries, as well as how to create and implement a physical therapy program to heal from various sports injuries. Additionally students will be trained in American Red Cross CPR, AED and First Aid.

### Course Requirements

None