

Physical Education and Health Requirements

In order to obtain a Regents Diploma or and Advanced Regents Diploma, a student must earn 2 credits of Physical Education ($\frac{1}{2}$ each year) and a half credit of Health Education.

Note: 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 emotional health, nutrition, drugs of abuse, social health, and diseases.

*Note: Health is available to take in the summer through CGCC, please see Mr. Pellettier for further information.

- HE 103 Critical Issues in Health fully online.
- HE 201 First Aid and Safety is a hybrid course that is online, but requires 3-4 in person meetings to practice skills and take assessments, typically at Catskill High School or CGCC.

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

Sports and Exercise Science 101

Credit: .5

Weighting: 0/4

Course Description

This course will provide an overview of exercise science, including personal training, biomechanics, exercise physiology, exercise nutrition, and sports medicine. The course will also provide information on certifications within the field and the future of exercise science as a discipline (HVCC, Blanchard).

Course Requirements

None