

Physical and Health Education

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Field Descriptions

Physical Education

The aim of Physical Education is to contribute to the total education of all students through the medium of physical activity. This contribution can best be achieved through encouraging participation in a broad program of individual and team sports, aquatics, physical fitness, and wellness. The program provides an opportunity for instruction and experience in a variety of activities on all levels. It is our hope that participation in this program will foster an understanding of movement and the pleasure of exercise and will enhance, by practice, qualities of good sportsmanship, leadership, and cooperation in team play. Students are also encouraged to develop skill and interest in a variety of activities that can be enjoyed after graduation.

Health Education

In this class, students learn how to take care of their minds, their bodies, and their relationships with others. They learn the concepts and skills they need to be healthy for life, including social and emotional skills, how to set goals for life and health, how to find and use health services, good communication and relationship skills and how to set boundaries and resist negative social pressure. The goal of each course is to educate each student on how to live a healthy lifestyle for their lifetime.

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Courses

Courses in Physical Education (PED)

PED 1110	Basketball (Men)	2 hours; 1 credit
PED 1112	Soccer (Men)	2 hours; 1 credit
PED 1117	Sabre Fencing (Men)	2 hours; 1 credit
PED 1118	Power Volleyball (Men)	2 hours; 1 credit
PED 1119	Foil Fencing (Men)	2 hours; 1 credit
PED 1210	Basketball (Women)	2 hours; 1 credit
PED 1219	Foil Fencing (Women)	2 hours; 1 credit
PED 1309	Volleyball and Badminton	2 hours; 1 credit

PED 1310	Karate Skill Techniques	2 hours; 1 credit
PED 1311	Tennis	2 hours; 1 credit
PED 1312	Fencing (Coed)	2 hours; 1 credit
PED 1313	Archery	3 hours; 1 credit
PED 1314	Volleyball	2 hours; 1 credit
PED 1316	Swimming for Beginners	2 hours; 1 credit
PED 1317	Swimming (Intermediate)	2 hours; 1 credit
PED 1323	Fitness and Weight Training	2 hours; 1 credit
PED 1325	Badminton	2 hours; 1 credit
PED 1410	Introductory Tap Dancing	2 hours; 1 credit
PED 1411	Ethnic and Cultural Dance	2 hours; 1 credit
PED 1412	Modern (Interpretive) Dance	2 hours; 1 credit
PED 1413	Aerobic Dance	2 hours; 1 credit
PED 2110	Advanced Basketball (Men)	2 hours; 1 credit
PED 2310	Karate Skill Techniques (Advanced)	2 hours; 1 credit
PED 2313	Techniques for Lifetime Fitness	3 hours; 2 credits
PED 2322	Advanced Swimming/Lifesaving	3 hours; 2 credits
PED 2323	Water Safety Instructor Training	3 hours; 2 credits
PED 2325	Recreational Activities for the Physically Limited Individual	2 hours; 1 credit
PED 2412	Intermediate Modern Dance	2 hours; 1 credit

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Courses in Health Science

HED 1810	Safety Education and First Aid	2 hours; 2 credits
HED 1911	Critical Health Issues	3 hours; 3 credits
HED 1914	Alcohol and Drug Abuse	3 hours; 3 credits
HED 1915	Human Sexuality and Family Planning	3 hours; 3 credits
HED 1917	Nutrition and Health	3 hours; 3 credits
HED 1930	Women and Health	3 hours; 3 credits
HED 2920	Health Learning in the Elementary School	2 hours; 2 credits

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