

Southern Regional High School

Manahawkin, New Jersey

Course Syllabus

Department: Health and Physical Education

Course: Grade 12

Physical Education: 3 Marking Periods

Topics/Units to be covered:

- Classroom Expectations/Grading
- Motor Skill Development-Team and Individual/Dual Activity-Activities may include: Archery, Badminton, Basketball, Dance, Floor Hockey, Football, Frisbee, Indoor Games, Golf, Pickleball, Soccer, Softball, Table Tennis, Team Handball, Tennis, Volleyball
 - Movement Skills
 - Rules, Sportsmanship, Safety
 - History/Cultural Influences
 - Sports Psychology
 - Torque and Levers
- Fitness Content
 - Personal Fitness Plan-Modifications
 - Preventative Health Care
 - Fads and Fitness Products
- Fitness Activity- Activities may include: Aerobics, Agilities, Conditioning (P90X, Insanity Hip Hop Abs, 8 minute Abs), Cardio Lab (treadmills, stationary bikes, elliptical trainers, stair climbers), Pilates, Plyometrics, Power Walking, Zumba, Yoga, Weight Training
- Quarterly

Health: 1 Marking Period

Topics/Units to be covered:

- Classroom Expectations/Grading
- Wellness Profile: Family Health History
- Chronic and Life Threatening Diseases: Health Assessment
- Relationships and Marriage
- Parenting Roles and Responsibilities
- Quarterly