

URSULINE ACADEMY 2018-2019 Curriculum Guide

PHYSICAL EDUCATION

PE 721 PHYSICAL EDUCATION

Grade: 10, 11

Credit: ½ Credit

Length: 1 Semester

Prerequisite: NONE

Description: The beginning course in physical education enables the student to learn basic skills necessary for participation in the team sports of softball, floor hockey, volleyball, soccer, basketball, and pickleball. The importance of lifetime physical fitness is also stressed through aerobic activities. The course involves beginning skills, strategies, rules, and game play. Students are graded on participation, dressing out, written tests.

PE 710 INTRODUCTION TO HEALTH

Grade: 9

Credit: ½ Credit

Length: 1 Semester

Prerequisite: NONE

Description: This course gives the student an awareness of physical, mental, social, and emotional health. Topics include physical and mental health and wellness, disease and its prevention, human sexuality, alcohol, tobacco and drug use.

PE 731 WOMEN'S ISSUES IN HEALTH

Grade: 11, 12

Credit: ½ Credit (Note: This course does not fulfill the PE requirement.)

Length: 1 Semester

Prerequisite: PE 710

Description: This course provides the student with an awareness of various issues in health and how these issues directly impact the lives of women.

PE 733 EXERCISE TECHNOLOGY

Grade: 11, 12

Credit: ½ Credit

Length: 1 Semester

Prerequisite: PE 721

Description: This course is designed to study human muscular movement as applied in performance of training as well as developing the body and mind. The emphasis will be on proper weight lifting and exercise utilizing the Ursuline weight room. Students are graded on participation, quizzes, articles and journals.

PE 733A EXERCISE TECHNOLOGY (Zero Hour)

Grade: 11, 12

Credit: ½ Credit

Length: 1 Semester

Prerequisite: PE 721

Description: This course is designed to study human muscular movement as applied in performance of training as well as developing the body and mind. The emphasis will be on proper weight lifting and exercise utilizing the Ursuline weight room. Students are graded on participation, quizzes, articles and journals.

PE 740 ADVANCED PHYSICAL EDUCATION

Grade: 11, 12

Credit: ½ Credit

Length: 1 Semester

Prerequisite: PE 721

Description: The course is a combination of these activities: archery, floor hockey, volleyball, pickleball, badminton. The course involves skills, strategies, rules, and competition. Students are graded on dressing out, participation and written tests.