

# **PHYSICAL EDUCATION AND HEALTH**

All students are required by state law to take a course in physical education for each year of attendance in High School. Students may only be excused from participation in these classes by a doctor's certificate. Students not physically participating will be required to complete alternative written assignments. Physical education and health are excluded from grade point average calculations.

## **PHYSICAL EDUCATION (0100, 0100L, 0200, 0200L, 0300, 0300L, 0400, 0400L) 3.75 credits Grade 9-12**

Both present and future physical and recreational needs of students are met through:

(1) Participation in a wide variety of physical activities that will lead to the development of coordination, strength, skills, and endurance, and (2) Participation in a variety of physical activities having continuing lifetime values.

## **FAMILY LIFE STATEMENT**

NJ administrative Code 6:29-7.1 requires us to provide Family Life Education. At the high school level this instruction is provided in both 9<sup>th</sup> and 10 grades. The curriculum has been locally developed through the effort of residents, physicians, clergy, teachers, and administrators. Any pupil whose parent or guardian present a signed statement that any part of the instruction is in conflict with his or her conscience or sincerely held moral or religious beliefs would be excused from that portion of the instruction. An alternative assignment will be determined by the department supervisor in conjunction with the student. No penalty as to credit or graduation will result from this action.

## **HEALTH 9 FAMILY LIFE (3110) 1.25 credits Grade 9**

This course will give the students an in-depth look at the male and female reproduction systems. Also areas of dating, pregnancy, birth control and venereal disease will be discussed extensively using an updated textbook, Finding My Way.

## **HEALTH 10 DRIVER EDUCATION (3120) 1.25 credits Grade 10**

Driver Education is a long-range means of reduction of accidents by attempting to develop competent drivers, social consciousness and concern for the rights and safety of others. An understanding of what causes traffic accidents and methods of prevention is also stressed. Students will study the effects of alcohol and drugs on driving. There will be a thorough examination of the New Jersey Driver's manual and students will take the written test necessary to obtain a driver's permit.

## **HEALTH 11 FIRST AID (3130) 1.25 credits Grade 11**

First aid training promotes safety awareness in the home, at work, at play, and on streets and highways. In the promotion of such awareness the course closely relates cause, effect and prevention. First aid is studied so that students learn the reasons and importance of the course, as well as the value of training in first aid for themselves and for others. The general rules for applying proper first aid procedures will be emphasized so that the student will be able to apply the knowledge to life situations.

## **HEALTH 12 ADULT LIVING (3140) 1.25 credits Grade 12**

This is a course that gives the student an in depth look at the engagement period, premarital counseling, marriage readiness and laws governing marriage, parental relationships and divorce. Using an up-to-date text, Thresholds to Adult Living, management of personal income, use of credit, finding a home, insurance, consumerism, and managing resources will also be discussed.