

PHYSICAL EDUCATION COURSES AT CASTLE HIGH SCHOOL

PHYSICAL EDUCATION (L) 501 GRADE 9

1st semester

This course is required of all freshmen and is a prerequisite for all elective physical education courses. It provides scientifically based opportunities to develop skills, knowledge, and attitudes for all students through fundamental movement, rhythmic sport, and fitness activities. The overall aim is to help students develop lifelong skills that include regular exercise and sports. The key is to assist individuals in assuming responsibility for their own health and well-being through an active life style. Activities include the following; introduction to fitness and testing, golf, football, aquatics, recreational games, and archery, team sports, and individual sports.

PHYSICAL EDUCATION II (L) 502 GRADE 9
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2nd semester

This course is also required of all freshmen and has the same overall goals and aims as Physical Education I but includes some different activities. Activities include: basketball, volleyball, hockey, flickerball, dance, tennis, softball, soccer, outdoor pursuits, fitness activities, and testing.

ELECTIVE PHYSICAL EDUCATION (L)/ WEIGHT TRAINING 523/523-2 GRADES 10-12(Non-Athletes)
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1 or 2 semesters

Weight training is a one semester course, but students are welcome to take the course for two semesters. This course is open to all students in grades, 10 thru 12, which emphasizes participation. The purpose of this class is to give students the opportunity to learn about and participate in a total body resistance training program. This class will also educate students on the following topics: Anatomy/Physiology, Bioenergetics, Nutrition, Resistance Training Program Design, Resistance Training Exercise Techniques, and Resistance Training Testing and Evaluation.

PREREQUISITE: C Average in Freshman PE

ELECTIVE PHYSICAL EDUCATION (L)/ WEIGHT TRAINING 524A/524A-2 GRADES 10-12(Varsity Athletes Except Football)
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1 or 2 semesters

Weight training is a one semester course, but students are welcome to take the course for two semesters. This course is open to all students in grades, 10 thru 12, which emphasizes participation. Athletes in this class have the opportunity to take the course for 1 semester leading up to their season, during their season or all school year. The purpose of this class is to give student-athletes who are participating in an IHSA JV/Varsity sport at Castle High School the opportunity to complete their resistance training workout during the school day. Each student will be placed on a resistance training plan in an effort to enhance performance and decrease injuries. Students will also be educated on pre-and post-workout nutrition, proper hydration, and resistance training exercise techniques. Students must be on or planning to participate in an IHSA JV/Varsity sport at Castle High School and participated in that sport during their freshman year.

PREREQUISITE: C Average in Freshman PE

ELECTIVE PHYSICAL EDUCATION (L)/ WEIGHT TRAINING 523A/523A-2
GRADES 10-12(Football Only)

1 semester for SENIORS
2 semesters for 10-11

The football Weight training course is a two semester course for all students in grades, 10 thru 11, which emphasizes participation. Senior football players will take this course in the fall semester only and transfer to a new course at the conclusion of the fall semester. The purpose of this class is to give football players at Castle High School the opportunity to complete their resistance training workout during the school day. Each student will be placed on the football resistance training plan in an effort to enhance performance and decrease injuries. Students will also be educated on pre-and post-workout nutrition, proper hydration, and resistance training exercise techniques. Students must be on the football team and have played freshman football.

PREREQUISITE: C Average in Freshman PE

ELECTIVE PHYSICAL EDUCATION (L)/ WEIGHT TRAINING 524A/524A-2
GRADES 10-12(Female Athletes Only)

1 or 2 semesters

Weight training is a one semester course, but students are welcome to take the course for two semesters. This course is open to all students in grades, 10 thru 12, which emphasizes participation. The purpose of this class is to give student-athletes who are participating in an IHSAA JV/Varsity sport at Castle High School the opportunity to complete their resistance training workout during the school day. Each student will be placed on sport-specific resistance training plan in an effort to enhance performance and decrease injuries. Students will also be educated on pre-and post-workout nutrition, proper hydration, and resistance training exercise techniques. Students must be on or planning to participate in an IHSAA JV/Varsity sport at Castle High School and participated in that sport during their freshman year.

PREREQUISITE: C Average in Freshman PE

HEALTH EDUCATION 531
GRADE 10

1st or 2nd semester

Health is a semester class that presents the total health picture, which consists of physical, mental, social, and emotional well-being. The class will discuss the main workings and functions of the human body and the prevention of communicable diseases. The study of drugs (alcohol), tobacco and family living will also be included. The class will provide career information about the health and safety fields. Students will be provided with up-to-date information on critical health issues, which will assist them in developing evaluation skills that will help them to make healthy choices.