



TEAM SPORTS 1 & 2

These are half credit courses that are offered to 10-12th grade students. Students will learn a variety of rules, skills, fundamentals and strategies in multiple team activities. Safety and sportsmanship will be emphasized. This course provides students an opportunity to develop and maintain a commitment to an active, healthy lifestyle during the school day through a variety of team sport activities. Team Sports included throughout both courses but not limited to;

*Flag Football – Volleyball – Basketball – Softball
– Soccer – Kickball*

INDIVIDUAL/DUAL SPORTS

This is a half credit course that is offered to 10th – 12th grade students. Students will learn to demonstrate a healthy, active lifestyle through regular participation in a variety of individual and dual sports, analyze and detect errors in skill technique of self and others, understand offensive and defensive strategies, follow the rules of the game, and respect others regardless of culture, gender, or athletic ability. Students will demonstrate knowledge of rules, violations and scoring of a variety of sports while participating in game play, and acting as an official for the game, use technology tools to monitor activity while participating in individual and dual sports, and identify the historical and /or cultural origin of a variety of individual and dual sports. Sports included in this course but not limited to;

*Tennis- Paddle Ball- Racket Ball- Pickle Ball-
Track and Field*

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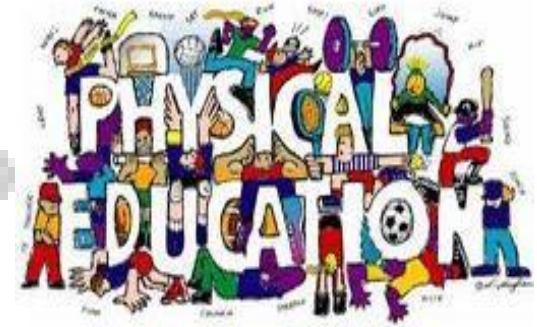
Haines City High School

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**HAINES CITY HIGH SCHOOL
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2800 Hornet Dr.
Haines City, FL 33844



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HOPE

(Health Opportunities through Physical Education)

The HOPE Curriculum is a sequential program consisting of classes in Physical Education and Health Education. The physical education classes expose students to a variety of physical activities to improve personal fitness, promote fair play and cooperation. Health classes are designed to develop student's abilities to make informed decisions relating to health issues. Classroom instruction includes the application of knowledge and skills in order to improve and maintain the health of the student. The curriculum is aligned with state and district health/physical education standards. One full year of HOPE Education is required to graduate from high school.

**HOPE is full year course and a pre-requisite course for all other physical education courses.*

Specific health education topics/outline within this course include, but are not limited to:

Mental/Social Health- Physical Activity-Components of Physical Fitness- Nutrition and Wellness Planning- Diseases and Disorders-Health Advocacy- First Aid/CPR Alcohol, Tobacco, and Drug Prevention- Human Sexuality including Abstinence and HIV- Internet Safety

WEIGHT TRAINING AND CONDITIONING 1 & 2

These are half credit courses that are offered to 10-12th grade students. Beginning (1) and advanced (2) will be offered to students. This course is designed for students to learn proper lifting techniques, spotting methods, weight room safety and workout routines. Activities will include, but are not limited to; a multitude of lifts utilizing free weights and machine weights, as well as an emphasis on conditioning and fitness. Students will learn how to develop a weight training program designed around their own needs, goals, and strengths. They will learn to make connections between anatomy and weight training. Students will be evaluated on their own improvement and their ability to construct and follow an effective personal workout plan.

"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."

- World Health Organization



FITNESS LIFESTYLE DESIGN

This is a half credit course for 11th and 12th grade students. The goal of this Fitness Lifestyle Design Course is to encourage and develop your lifelong, positive attitude toward being physically fit through participation in a variety of fitness activities. The purpose of the Fitness Lifestyle Design Course is to enable students to extend their knowledge of fitness concepts; design, implement, and evaluate a personal fitness program; and develop an individualized level of health-related fitness.

The material presented in this course provides a sound scientific basis to guide you in developing a fitness program that is right for you. You will receive information on how to evaluate your fitness level, set up a training program; fitness muscular strength and endurance, and flexibility. Nutritional guidelines and weight control information are also provided. Once you understand the benefits of exercise and the impact of sound lifestyle choices, you can make the commitment to a lifetime of good health!