

Courses are designed to help each student develop an acceptable level of fitness. Individualized attention assists each student in achieving and maintaining a health lifestyle.



R. Brian Moen, Department Chair
rmoen@bcps.org

Sean Brooks
Judith Harrison
Robert Hruz
Leah Meredith
Christy Rawlins
Keith Robinson

Health & Physical Education



PERRY HALL HIGH SCHOOL

Graduation Requirements in Baltimore County Public Schools

FITNESS FOUNDATIONS / FITNESS MASTERY

- 1 Credit
- Usually taken during the 9th grade
- Must be successfully completed to register for any electives

HEALTH

- 1/2 credit
- Usually taken during 11th or 12th grade

Fitness Foundations & Mastery

Fitness Foundations / Fitness Mastery is the course needed to fulfill the graduation requirement. The course is designed to be taken in grade nine prior to any physical education electives. Fitness Foundations / Fitness Mastery emphasizes the concepts of personal fitness, personal assessment, and the knowledge to achieve and maintain a lifetime of optimal health and wellness. Students within a class will be performing at various levels of competency to improve motor skills and fitness levels. Application of this

knowledge will be assessed throughout the course. All students will have a personal fitness plan, and by the end of this course, they will have the knowledge to assist them in adjusting this plan as their interests and abilities change throughout their lives.

Health

The Health course is designed to provide students with the skills, knowledge, and strategies essential for overall health and well being during adolescence as well as throughout adulthood.

GT Health

The GT Health course is designed to provide students the opportunity for content enrichment, acceleration, as well as experience with advanced research and exploration of complex health ideas or concepts.

Advanced Health

Students will extend their knowledge of health topics such as esteem building, decision making, nutrition, drug abuse, consumer health issues and career opportunities.

Students must successfully complete Health as a prerequisite.

Physical Education Electives

TEAM SPORTS

This half credit course has been developed to provide students the opportunity to expand previous knowledge and refine formerly acquired skills pertaining to individual and team sports / activities.

INTRODUCTION TO WEIGHT TRAINING

Students will complete a variety of programs that use a combination of exercise equipment and free weights to maintain and improve muscular strength, muscular endurance, and neuromuscular coordination; as well as increase bone density, and improve flexibility. Students will demonstrate and apply an understanding of safety, lifting fundamentals, core and auxiliary exercises, weight training specific terminology, and basic program design.

ADVANCED WEIGHT TRAINING

Students will complete a variety of programs that use a combination of exercise equipment and free weights to maintain and improve muscular strength, muscular endurance, and neuromuscular coordination; as well as increase bone density, and improve flexibility. Students will examine and apply the training principles of overload, specificity, and progression; as well as analyze nutritional benefits and the biomechanical aspects of weight training.