PHYSICAL EDUCATION DEPARTMENT

PHYSICAL EDUCATION DEPARTMENT PHILOSOPHY

The Physical Education program is designed to provide a wide variety of learning experiences for students, regardless of individual ability level, that encourages wise personal decisions regarding a lifelong pursuit of a healthy lifestyle. The department adheres to our Catholic teaching on the theology of the body, Canon Law 1113, which states:

The proper and immediate end of Christian education is to cooperate with divine grace in forming the true and perfect Christian….For precisely this reason, Christian education takes in the whole aggregate of human life, physical and spiritual, intellectual and moral, individual, domestic and social, not with a view of reducing it in any way, but in order to elevate, regulate and perfect it, in accordance with the example and teaching of Christ. We thus come to the understanding that maintaining physical health is one of the many components of becoming a “perfect Christian.”

“Do you not realize that your body is the temple of the Holy Spirit, who is in you and whom you received from God? You are not your own property, then; you have been bought at a price. So use your body for the glory of God.” – 1 Corinthians 6:19-20

PHYSICAL EDUCATION COURSES

One and one-half Credits of Physical Education are required for Graduation. Students are not permitted to register for more than one Physical Education class per semester.

Course #811 – General Physical Education  Credit Earned: .5
Prerequisite: None
This course provides a foundation for fitness-related activities as well as an introduction to team sports. Students participate in fitness activities each week as well as various team and lifetime sports. Students learn to assess their own fitness level and develop a personalized program tailored to their needs. In addition, students develop individual skills, basic rules and strategies necessary to become successful in various sports. Included in this course is a unit on nutrition. Students will be able to demonstrate an understanding how diet correlates to an exercise program and general wellness.

Course #812 – Introduction to Strength and Conditioning  Credit Earned: .5
Prerequisite: None
This course is an introduction to the Blessed Trinity speed, strength, and conditioning methodology through applied learning. This is the first step in gaining an understanding of the techniques and reasoning behind performance development. The goal of the class is to introduce freshman students to weight room safety, exercise integration, program planning, and performance development. Students learn about record-keeping through training log sheets both for speed and strength development. In addition, students learn how nutrition and recovery are integrated into a training system.

Course #813 – Health/Driver Education  Credit Earned: .5
Prerequisite: Must be 15 years of age by December 31
 AND
Course #814 – Health/Driver Education  Credit Earned: .5
Prerequisite: Must be 15 years of age by June 30

The health portion of this course provides a focus on substance abuse and includes the Alcohol and Drug Awareness Program (ADAP), which is required to obtain a driver’s license. Upon completion of this portion of the class, the student will have the knowledge to make and apply sound decisions regarding personal health behaviors. The Driver Education classroom portion of this course is taught by Blessed Trinity faculty. The course provides the state-mandated thirty hours of class instruction focusing on driving laws and highway safety. Completion of this course requires the student to complete six hours of driving time outside the school day with an instructor and automobile provided by a state-licensed driving school. The course requires an additional fee of $400.00.
Course #815 – Health/CPR and First Aid
Prerequisite: None
Credit Earned: .5
The health portion of this course provides the student with a wide range of learning experiences on health related topics. Upon the completion of this class, the student has the knowledge to make and apply sound decisions regarding their own health and be able to acquire and maintain positive personal health behaviors and attitudes. In addition, the course includes sections on substance abuse, mental health, human sexuality, nutrition and fitness.
The basic goal of the CPR portion of this course is to provide students with knowledge and skills necessary to respond to an emergency, call for help, keep someone alive, reduce pain, and to minimize the consequences of injury or sudden illness until professional medical help arrives.

Course #816 – Driver Education/CPR and First Aid
Prerequisite: Sophomore, Junior or Senior
Credit Earned: .5
The Driver Education classroom portion of this course is taught by Blessed Trinity faculty and includes the Alcohol and Drug Awareness Program (ADAP), which is required to obtain a driver’s license. The course provides the state-mandated thirty hours of class instruction focusing on driving laws and highway safety. Completion of this course requires the student to complete 6 hours of driving time outside the school day with an instructor and automobile provided by a state-licensed driving school. The course requires an additional fee of $400.00.
The basic goal of the CPR portion of this course is to provide students with knowledge and skills necessary in an emergency to call for help, to help keep someone alive, to reduce pain, and to minimize the consequences of injury or sudden illness until professional medical help arrives. At the end of the course the student will be Red Cross certified in Adult, Child, and Infant CPR and in Standard First Aid.

Course #822 – Lifetime Sports
Prerequisite: Sophomore, Junior, or Senior, General Physical Education
Credit Earned: .5
The course provides the student the opportunity to establish a foundation in sports in which an enjoyable activity experience can be maintained for a lifetime. These sports include outdoor education, bowling, tennis, badminton, table tennis, softball, ultimate Frisbee, pickle ball and golf. Special attention is given to basic mechanics, rules and etiquette for each activity along with strategies necessary to be successful in each sport.

Course #823 – Team Sports
Prerequisite: Sophomore, Junior, or Senior, General Physical Education
Credit Earned: .5
This course introduces students to a variety of team sports. The goal of the course is to promote the intellectual, physical, and spiritual development of students. The class promotes the intellectual development of each student through learning terminology, rules, history, and basic strategies of each sport. The course promotes the physical through the learning of the basic skills of each activity. Finally, the course promotes the spiritual development of each student through the learning of sportsmanship and moral responsibilities through cooperative skills inherent in each activity.

Course #831 – Strength and Conditioning
Prerequisite: Sophomore, Junior, or Senior, General Physical Education
Credit Earned: .5
This course is designed to give students an introduction to speed, strength, and conditioning methodology and applied learning. The students learn program planning through a method of progression called periodization. Topics include performance methodology, functional movement evaluation, pre-habilitation and pillar strength, movement preparation, plyometrics, acceleration, absolute speed, multi-directional speed, strength and rotary power, energy system development, regeneration, and nutrition. In addition to technique and safety, students learn functional anatomy and muscle activation and firing patterns. This course may be taken multiple times for credit.
Course #840 – Baseball and American Society  
**Prerequisite: Junior or Senior**  
This course explores baseball's intersection with American culture from 1840 to the present day. Baseball is much more than just a game in American life – it is a reflection of our society and our culture. The course covers our triumphs and tragedies through rural and urban issues, popular culture, work and labor, immigration, ethnic and racial prejudice, technology and advancement, democracy and media. Students look at American history in an entirely different light. This course does not count as part of the 3-semester Physical Education requirement.

Course #845 – Athletic Training and Sports Medicine  
**Prerequisite: Acceptance into the Sports Medicine Program, Teacher Approval**  
This course explores various aspects of athletic training and sports medicine with a hands-on approach. Topics include the following: emergency on-field injury management, injury recognition, assessment, rehabilitation, prevention, and common injuries and illnesses encountered in sports. Also covered are taping, splinting and bracing techniques, as well as ethical and legal issues healthcare professionals encounter in the field of sports medicine. The course also integrates career opportunities and current medical and science research topics. This course does not count as part of the 3-semester Physical Education requirement.

Course #846 – Advanced Athletic Training and Sports Medicine  
**Prerequisite: Athletic Training and Sports Medicine, Teacher Approval**  
This advanced course requires a more in-depth knowledge of human anatomy and physiology and gives students hands-on experience with various clinical examinations to test for orthopedic injuries as well as testing and differentially recognizing common conditions occurring in athletics. Students also gather SOAP notes relating to acute injuries and conditions, discern a guess as to the possible diagnosis of the injury or condition and develop an appropriate course of action for injury management. Basic kinesiology and rehabilitation steps and techniques are learned and demonstrated by each student. Advanced taping, splinting, and casting techniques are also covered. Students also display continued knowledge of the National Athletic Trainers' Association Code of Ethics and Standards of Practice for Athletic Trainers. This course does not count as part of the 3-semester Physical Education requirement.

Course #848 – Core and Flexibility  
**Prerequisite: Teacher Approval**  
This is a conditioning program that improves muscle control, flexibility, coordination, strength and tone. It is performed through a series of exercises done with various types of equipment. This class may be taken multiple times for credit.

Course #850 – Titan Training  
**Prerequisite: Sophomore, Junior or Senior, Teacher Approval**  
This course is designed to provide the competitive student-athlete with the explosive speed and strength foundation necessary to reach peak performance. The course employs the latest research in the area of strength and performance training. Topics include speed training methodology for acceleration, absolute speed, multi-directional speed, strength and power programming, and energy system development. In addition, students master self-testing in the areas of movement skills, strength and power, and conditioning. Students learn how testing identifies weak links and how to interpret the results of those assessments to guide programming. This course may be taken multiple times for credit.