

Goals and Outcomes



Adhere to Pennsylvania State Health & Physical Standards.



Achieve practical Health & Wellness skills to be utilized throughout one's lifetime.



Ascertain personal wellness and fitness, with instruction in goal setting, workout design, and encouragement.



Acquire strategies and skills to cope with stress, maintain a healthy level of fitness, and enjoy leisure time.



“Intelligence and skills can only function at the peak of their capacity when the body is healthy and strong.”

John F. Kennedy



Contact Information

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Hempfield
High School
Health and
Physical
Education



9th grade students are required to take Personal Wellness and Fitness. A variety of team and individual activities help students evaluate their own fitness levels, assess their degree of wellness, and identify activities they may wish to explore for further fitness development.

10th grade students are required to take Health which provides students with an investigation of current health issues and topics from the students’ personal, school, home, and community perspectives. Students also take Introduction to Strength Training as their physical education requirement. This course consists of a systematic program of conditioning that includes aerobics, running, strength training with free weights and machines.

11th grade students must select from one of the options to meet their final physical education requirement. Students may take more than one of these courses as an elective. Sports Medicine is also an elective option for students who completed 10th grade Health.

12th grade students may take any of the options noted in the chart as electives.

Health and Physical Education Courses

The chart below shows the course offerings by grade level. See the course guide for more detailed descriptions. All courses are half credit.

Course #	Course Name	9	10	11	12
H7111	Physical Education (Personal Wellness & Fitness)	required			
H7511	Introduction to Strength Training and Conditioning		required		
H7601	Health		required		
H7301	Personal Fitness Design			x	
H7331	Fitness for Life			x	
H7701	Movement Exploration and Dance			x	
H7431	Military Fitness			x	x
H7341	Cardio-Conditioning			x	x
H7571	Sports Performance I			x	x
H7581	Sports Performance II			x	x
H7591	Sports Performance III			x	x
H7541	Advanced Team Sports				x
H7531	Net Sports				x
H7621	Sports Medicine (health elective)			x	x