
Goals & Outcomes

H Adhere to Pennsylvania State Health & Physical Standards.

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

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

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



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



Contact Information

Mr. Mark Ashley
mark_ashley@hempfieldsd.org
(717) 898 - 5552

Hempfield High School



Health & 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, Fitness for Life, Military Fitness or Cardio Conditioning 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 Course Offerings

The chart below shows the names of the courses and the grade levels per course.

(See the course selection guide for detailed descriptions of each course)

Course (All .5 credits)	9	10	11	12
Physical Education, Personal Wellness and Fitness	x			
Introduction to Strength Training and Conditioning		x		
Health		x		
Personal Fitness Design			x	
Fitness for Life			x	
Military Fitness			x	x
Sports Medicine			x	x
Cardio Conditioning			x	x
Advanced Strength Training and Conditioning				x
Net Sports				x
Advanced Team Sports				x

All Hempfield HPE courses are based upon Pennsylvania's academic standards which can be found here:

[https://static.pdesas.org/content/documents/Academic Standards for Health Safety and Physical Education.pdf](https://static.pdesas.org/content/documents/Academic_Standards_for_Health_Safety_and_Physical_Education.pdf)