

Niagara Falls High School
Health/Physical Education Course Descriptions

PHYSICAL EDUCATION

PHE120 and PHE220 – 0.50 credit

The Physical Education Program is designed for the development of students in the physical, mental and social areas. The program content consists of lifetime team sports and activities that assist in development of physical and mental health and wellness. All students shall participate in a physical education program. Adaptive and modified programs are available pending a physician's documentation.

PHE120 is for all 9th grade students

PHE220 is for all 10th-12th grade students

UNIFIED PHYSICAL EDUCATION

PHE221 – 0.50 credit

The Unified PE class is a unique opportunity for students of varying ability levels and backgrounds to come together on equal terms through ongoing fitness, sports, leadership and wellness activities. Unified P.E. focuses on the physical, intellectual and social growth of all participants. Engaging in physical activity and sport alongside peers with and without disabilities helps to foster important social relationships. Additionally, the class supports the development of leadership skills for all students as well as the empowerment of all students to foster an inclusive class and school-wide environment. Participation in this course will satisfy the annual New York State Education Department requirement for physical education for all participants.

10th-12th grade students

HEALTH

HEA320 – 0.50 credit

The purpose of the Health Education program is to offer students a current body of knowledge relevant to ones personal health; the attitudes of the individual hopefully will be influenced in such a way that he/she will make correct decisions in regard to their own health habits and thereby attain a better quality of life. The course content aims to bring about the following: an understanding of one's own growth and development, an interest in the health and safety aspect of one's own daily activities, a sense of personal health responsibility, a feeling of responsibility for community health, and the ability to understand and interpret health information on crucial problems such as drugs, alcohol, tobacco, nutrition, obesity, exercise, mental health, stress management, self-esteem, violence, and disease prevention.