

Wellness Department

Physical
Education



Medical Science

Health

Our mission is to empower students to make educated decisions regarding their overall health in order to enhance their lifelong wellness and to explore the medical sciences.

Physical Education

Starting with the Class of 2029, all students are required to earn a minimum of **five credits** of Physical Education to fulfill their graduation requirement (students are not allowed to repeat courses). The Classes of 2026, 2027, and 2028 are required to earn a minimum of four credits.

9204 Yoga (10, 11, 12) C1, S1, S2

Semester Course - 2.5 Cr.

Are you stressed out? Do you need a nice relaxing break from your school day? If so, Yoga is the perfect course for you. This yoga class introduces a variety of stress relieving techniques. You will learn to perform different yoga poses (asanas) as well as practice a variety of meditations. This course will create some balance in your life while improving your strength and flexibility.

9205 Freshman Seminar (9) A1, C1, S1

Semester Course - 2.5 Cr.

Want to experience everything the Physical Education department has to offer in a safe and welcoming environment? Do you like a variety of physical activities? The Freshman Seminar course will give you a chance to enjoy adventure and fitness based activities, as well as, individual and team sports. This course offers a fun break in your school day while engaging in a number of lifelong activities.

9206 Fundamental Fitness (10, 11, 12) C1, S1

Semester Course - 2.5 Cr.

Do you want to be stronger, healthier, build self-esteem, and see your hard work pay off? Fundamental Fitness is the class for you! This course will expose you to a variety of functional exercises that will help you to build muscle and learn how to reach your fitness goals. You will have the opportunity to track and increase your overall fitness throughout the semester.

9207 Cooperative Games and Adventure Learning: Unleash the Fun and Team Spirit

(9, 10, 11, 12) A1, A3, C1, C2, C3, S1, S2

Semester Course - 2.5 Cr.

Dive into a semester of excitement with our *Cooperative Games and Adventure Learning* course! It's not just about physical activity; it's about building friendships, laughter, and discovering your inner strength. Start with interactive cooperative games that bring everyone together, regardless of your experience level. These fun-filled activities are designed to ignite joy and foster a sense of community.

Get ready for the highlight - an exhilarating ropes course challenge! The course combines teamwork strategies with individual courage. As you navigate through each obstacle, watch your self-confidence grow and your teamwork skills flourish. This course isn't just about physical feats; it's a journey of personal growth and shared triumph. Join us for an unforgettable experience where every day is a new adventure!

9208 Team Sports (10, 11, 12) C1, S1, S2

Semester Course - 2.5 Cr.

Do you love sports and have a competitive edge? The Team Sports course offers a variety of ways to become physically fit while participating in team oriented sports. You will be assigned team roles (i.e. coach, captain, equipment manager, etc.) that must be performed in order to help your individual team succeed. Depending on the season and equipment availability, students will learn and actively participate in flag football, soccer, basketball, rugby, floor hockey, speedball, ultimate frisbee, badminton, and tennis.

Health

All students are required to take and pass *Comprehensive Health* in order to graduate. Most students enroll in this course during their sophomore year.

2923 Comprehensive Health (CP) (Required) (10, 11, 12) A1, A3, A4, C1, S1

Semester Course - 2.5 Cr.

Comprehensive Health and Wellness Issues is a one-semester course that provides an overview of issues relating to personal health, wellness, and financial literacy. Topics include Disease (Disease Model, Cancer, HIV/AIDS, STDs, Depression, Eating Disorders), Substance Abuse (Alcohol, Addiction, Illicit and Other Abused Drugs, Steroids), Sexuality (Reproductive Anatomy/Function/Dysfunction, Sexual Abuse, Sexual Orientation, Pregnancy & Childbirth, Parenting, Conception and Contraception, Postponing Sexual Activity), and Wellness (Stress Reduction, Mental Health, Sleep, Nutrition). Students will learn refusal skills, terminology related to health issues, methods of investigating health issues and resources via the internet, and the cause and effect nature of decision making on long and short-term physical and emotional health. Students will be challenged to understand their personal responsibility as independent decision-makers relating to health issues.

Medical Science

9209 First Responder (CP) (9, 10, 11, 12) A1, A3, C3, S1

Semester Course - 2.5 Cr.

Emergency Medical Response is an elective for students interested in learning advanced first aid skills. This course is well-suited for students wishing to pursue employment as lifeguards or in the ski patrol or for those considering careers in law enforcement, medicine, firefighting, or other occupations where advanced layperson medical care may be required. The course provides an overview of human anatomy, personal safety in emergency situations, legal considerations, and the care of sick and injured patients. Students learn medical terminology, assessment of sick and injured people, and teamwork techniques when dealing with emergency scenes. Topics include bleeding, shock, wounds, fractures, seizures, scene safety and control, drug overdose, childbirth, sudden illness, poisoning, burns, airway management, infection control, sudden illness, CPR, and rescue.

9210 Emergency Medical Technician (H) (11, 12) A1, A3, A4, C1, S1, S2

Full Year - 5.0 Cr.

Are you considering a career in medicine, law enforcement, firefighting, or any other profession that may require you to manage a health emergency? Are you pursuing a medical career (physical therapist, physician, athletic trainer, etc.) that will require that you complete Patient Care Hours before being admitted into a college program? Or perhaps you've already chosen to be a nurse, dental professional or veterinarian and you want to start to understand how disease and trauma affect living things and how immediate identification and management of sickness and injury can minimize disability or preserve life. The EMT course is perfect for you.

This course will prepare you to take both State and National exams to become a certified Emergency Medical Technician, enabling you to work in hospitals and ambulances where you will assess and care for patients who have become suddenly ill or injured. Opportunities to work with college EMS teams is an added benefit, as many Masco graduates have been able to work on their college campuses, providing care, gaining experience, being paid and accruing Patient Care Hours during their undergraduate years.

Topics include scene and patient assessment, airway management, CPR, sudden illness, trauma care, patient transport and much more. Students will do a 5-hour ride-along with a local ambulance crew as well as perfect skills in patient assessment, taking vital signs and using the tools of EMS professionals.

For those seeking certification (an option- many students take the class for personal satisfaction), students must attend 95% of classes, purchase their own textbook/workbook/online package (~\$200), and maintain an 80% or higher semester average to be eligible. EMT candidates must be 18 years old to take the State and National exams, but have two years from the course end date to pass an exam.

9211 Intro to Medicine (H) (9,10,11,12) A1, A3, C1, C3, S1, S2

Semester Course - 2.5 Cr.

How do we know what to believe about medicine and health when so many false claims are presented online and even on the news? What rights should terminally ill patients have regarding their own death and dying? Should patients be forced to get treatment if they are "different"- psychologically or physically- if they don't want it? How do medical professionals care for patients, and how often (and why) do serious mistakes get made?

Through dozens of case studies, Intro to Medicine examines these and many more fascinating questions about how our physical and mental health issues are perceived and handled by our healthcare system. Nightly readings in books including *Tuesdays with Morrie* and *Complications* lead to lively discussions and debates as we examine how our own values and beliefs interact with the science of the human body to form a system that addresses human health- and the financial, political, social influences that affect that system.

9212 Intro to Athletic Training and Sport Physiology (CP or H) (11, 12) A1, A3, C1, C3, S1, S2

Semester Course - 2.5 Cr.

Dive into the thrilling world of sports and fitness with our *Athletic Training and Sport Physiology* course, specifically tailored for high school students and taught by a *Certified Athletic Trainer*. This dynamic semester-long class offers a deep dive into the human body, focusing on peak athletic performance and effective injury rehabilitation. Topics include musculoskeletal anatomy, physiology, and the intricacies of sports injuries. Learn about injury prevention skills, trauma assessment, emergency care, and sports nutrition, all through a hands-on learning experience. Step into the role of a sports health professional with practical skills training in First Aid, CPR, and injury assessment. Master the technique of taping and injury prevention while exploring the world of rehabilitation exercises and diet evaluation. This course is about transforming your passion for sports into knowledge and skills that extend beyond the classroom. Whether you're an athlete, a future sports medical expert, or simply have an interest in fitness and health, Athletic Training and Sport Physiology is your opportunity to gain valuable hands-on experience in the dynamic field of sports health.