

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

All students are required to earn **four credits** of Physical Education to fulfill their graduation requirement.

Please Note: As of July 1, 2020 Independent Physical Education will no longer be an option. We will offer a new class called MascoFIT, which is an online physical education class taught by one of our P.E. teachers. MascoT is a semester-long, one credit class. Priority for enrollment will be given to juniors and seniors, as enrollment is limited to 20 per section.

9108 Yoga: Level I (9, 10, 11, 12) C1, S1, S2

Quarter Course - 1.0 Cr.

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

9111 Yoga: Level II (9, 10, 11, 12) C1, S1, S2

Quarter Course - 1.0 Cr.

This Yoga II class builds on the stress relieving techniques taught in Yoga I. You will continue to learn ways to relieve your stress through movement and meditation. This course introduces challenging core strengthening exercises while focusing on increasing flexibility through gentle yoga stretches. Prerequisites: Yoga: Level I

9101 Freshman Seminar (9) Al, C1, S1

Semester Course - 2.0 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.

9107 Fundamental Fitness (9, 10, 11, 12) C1, S1

Quarter Course - 1.0 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 quarter.

9203 Project Adventure (9, 10, 11, 12) A1, A3, C1, C2, C3, S1, S2

Semester Course - 2.0 Cr.

Do you enjoy being outdoors? Are you the type of person that looks forward to working with others and trying new things? The Project Adventure course offers a challenging rope course with a series of individual and group activities. These activities will require a combination of teamwork and individual commitment. Project Adventure is a fun course that will increase your self-confidence, cooperation, and decision-making.

9109 Team Sports (9, 10, 11, 12) C1, S1, S2

Quarter Course - 1.0 Cr.

Do you love team 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.

9112 MascoFIT (10, 11, 12) C1, S1, S2

Semester Course 1.0 Cr.

MascoFIT is a semester-long class and meets once a cycle during homeroom. Students will participate in fitness activities and challenges that will enhance their overall wellness. Students reflect on their experiences and log their progress online.

Health

2923 Comprehensive Health and Wellness Issues (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

2924 Emergency Medical Response (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.

2972 Emergency Medical Technician (H) (12) A1, A3, A4, C1, S1, S2

Full Course - 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.

2993 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 cases 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.