

**Academy of Our Lady of Mercy
Lauralton Hall**

**PHYSICAL EDUCATION/HEALTH DEPARTMENT
Course Descriptions 2008-2009**

(001) PE/Health I

Year

.5 Credit

Required of all freshmen.

Physical Education I engages students in a variety of activities for the purposes of exercise, recreational enjoyment, improving skill and physical fitness levels, learning how to work with others in non-competitive and competitive situations and releasing physical and emotional tension. The Health program focuses on the importance of good physical, emotional and social health, including developing a positive self-image; making healthy choices and stress management.

(002) PE/Health II

Year

.5 Credit

Required of all sophomores.

Physical Education II, an extension of Physical Education I, applies more emphasis on lifetime activities and physical fitness, including the understanding of the body and its function through exercise. The Health program focuses on healthy relationships, making healthy choices, human growth and development/sex education, substance abuse education and girls'/women's' health issues.