

NEW Wellness Courses

Students need to take .5 credit of Health and 1.5 credits in PE. All PE courses are .5 credits, semester courses.

167 Lifetime Fitness and Wellness (.5)– mandatory for all freshmen. This course will cover decision making and communication/refusal skills through an exploration of content related to alcohol, tobacco and other drugs, human sexuality, nutrition, mental health and First Aid/CPR. Students will also explore activities offered in each of the other Wellness Physical Education Courses.

#907/927 Unified Sports (1) – Prerequisite 1 other Wellness Course. Can only take during Junior/Senior Year. Unified Sports at Oxford High School is a course which will focus on sport-specific skill development – under the directions of a qualified educator/coach. Participants will have the opportunity to develop and improve sport-specific skills as well as increase self-esteem, maintain equal status with peers, and develop new 62 friendships. The athletes and their partners will participate in a variety of competitions organized by Special Olympics, Oxford High School, or by community sports organizations. This course can be taken both semesters for a total of 1.0 credit. Unified Sports is a program that combines approximately equal numbers of individuals with (athletes) and without (partners) disabilities on the same sports teams for training and competition.

#939 Peer Health Educators (.5) Prerequisite, Lifetime Fitness and Wellness. Must be Junior or Senior who has already taken HEALTH. Designed to give students the opportunity to investigate and research current health issues and various components of the health curriculum. As a results, students will use their findings to formulate projects and lessons to be dynamically presented to Oxford students in grades 3-8. This is a student centered community based class. The purpose of the group is to educate and inform the youth in Oxford about topics that have the potential to affect them.

#938 Recreational and Net Games (.5) Students participate in a variety of racquet games and sports (tennis, badminton, pickleball) as well as recreations games and activities (volleyball, bocce, spikeball, kan-jam) that range in low intensity to moderate intensity.

#934 Competitive Sports 1 (.5)(FALL): Classes participate in sports such as soccer, ultimate Frisbee, rugby and flag football, while focusing on teamwork, sportsmanship and team strategy through drills and tournaments. Sports are subject to change.

#935 Competitive Sports 2 (.5)(SPRING): Classes participate in sports such as basketball, speedball, handball, volleyball and floor hockey while focusing on teamwork, sportsmanship and team strategy through drills and tournaments. Sports are subject to change.

#930 Strength and Conditioning 1 (.5)(FALL): This course will give students the tools and resources needed to be physically fit and healthy for a lifetime. The variety of exercises, techniques, and equipment used will allow students to experience many different ways to exercise and “work out”, which will likely lead to them finding exercises they enjoy and want to continue performing after completing the course. The main focus of these 2 courses will be on muscle development training. Covered in this course; General knowledge of Nutrition, Dynamic Stretching, Resistance Bands, Medicine Ball Training, Weight Training, and Development of Personal Strength and Conditioning Program.

#931 Strength and Conditioning 2 (.5) (SPRING): This course will give students the tools and resources needed to be physically fit and healthy for a lifetime. The variety of exercises, techniques, and equipment used will allow students to experience many different ways to exercise and “work out”, which will likely lead to them finding exercises they enjoy and want to continue performing after completing the course. The main focus of these 2 courses will be on muscle development training. Covered in this course; General knowledge of Anatomy and Physiology, Dynamic Stretching, Body Resistance Exercises, Plyometric Training, Weight Training and Development of Personal Strength and Conditioning Program

#932 Human Performance 1 (.5)(FALL): This Human Performance Course will give students the tools and resources needed to be physically fit and healthy for a lifetime. The variety of exercises, techniques, and equipment used will allow students to experience many different ways to exercise and “work out”, which will likely lead to them finding exercises they enjoy and want to continue performing after completing the course. The main focus of this course will be on Cardio-Respiratory training. Covered in the course; General knowledge of Cardiovascular Health, Dynamic Stretching, Acceleration Training, Deceleration Training, Agility Training, Speed Hurdle Training and the Development of Personal Human Performance Program

#933 Human Performance 2 (.5)(SPRING): This Human Performance Course will give students the tools and resources needed to be physically fit and healthy for a lifetime. The variety of exercises, techniques, and equipment used will allow students to experience many different ways to exercise and “work out”, which will likely lead to them finding exercises they enjoy and want to continue performing after completing the course. The main focus of this course will be on Cardio-Respiratory training. Covered in the course; General knowledge of Anatomy and Physiology, Dynamic Stretching, Running and Sprinting, Battle Ropes Training, Plyometric Training, Speed Ladder Training and the Development of Personal Human Performance Program.

#936 Yoga and Meditation (.5): This course is designed to introduce students safely to the basics of postures, breathing techniques, mindfulness and relaxation methods of yoga, pilates and meditation. Students experience and learn the benefits of stretching, moving and breathing and realize it is a great way to cope/relieve stress

937 Non-Competitive Cardio Activities (.5): Designed to help students improve and gain knowledge of their cardio-respiratory fitness. Students will participate in a variety of non-competitive aerobic activities such as walking, jogging, Zumba, cardio kick boxing and other cardio activities.