

# Course Descriptions

Revised 2019-2020

Course Name \*

Middle School Health

Teacher Name \*

Jude Fusilli

Prerequisite \*

None

Course Description \*

Health education instills in students the knowledge and skills needed to examine alternatives and make responsible health-related decisions in their own lives. Areas we will study this year are; Drug Studies, Mental Health, Nutrition and Physical Activity, Diseases, Sexual Education, Dating Violence, and Healthy Relationships.

Credit - Will this course receive college credit \*

☐ Yes

☒ No

This course could lead to a career in: \*

This will open the door to multiple careers in the health field (ie: education,  
community based health, hospital based health, etc.)

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# Course Descriptions

Revised 2019-2020

Course Name \*

High School Health

Teacher Name \*

Jude Fusilli

Prerequisite \*

Middle School Health

Course Description \*

Health education instills in students the knowledge and skills needed to examine alternatives and make responsible health-related decisions in their own lives. Areas we will study this year include; Drug Studies, Mental Health, Nutrition and Physical Activity, Diseases, Sexual Education, Dating Violence, and Healthy Relationships.

Credit - Will this course receive college credit \*

☐ Yes

☒ No

This course could lead to a career in: \*

This will open the door to multiple careers in the health field (ie: education,  
community based health, hospital based health, etc.)

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# Course Descriptions

Revised 2019-2020

Course Name \*

Physical Education

Teacher Name \*

Danielle Donie

Prerequisite \*

none

Course Description \*

To practice and develop basic skills and movement patterns in a variety of physical activities . Students will understand different strategies, practice cooperation and learn fitness concepts. For students to understand the importance of lifelong fitness and maintaing personal health.

Credit - Will this course receive college credit \*

☐

Yes

☒

No

This course could lead to a career in: \*

Teaching, athletic training, coaching, fitness trainer, recreation leader

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# Course Descriptions

Revised 2019-2020

Course Name \*

Physical Education

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Teacher Name \*

Mr. Whitney

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Prerequisite \*

no

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Course Description \*

This course will focus on students achieving and maintaining a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, and strategies. Students will establish personal fitness goals, using principles of aerobics, strength and core training. Students will also learn how physical education will improve not just their physical health but also their mental and social health. Lastly, students will also learn skills in the affective domain. Some of these skills include being a good teammate, being kind to one another, as well as anti bullying skills.

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Credit - Will this course receive college credit \*

☐ Yes

☒ No

This course could lead to a career in: \*

Teaching, fitness training, physical therapy

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