

**PHYSICAL EDUCATION DEPARTMENT**

THOSE STUDENTS PARTICIPATING IN A VARSITY SPORT MAY BE EXCUSED FROM PE AND TAKE A STUDY HALL DURING THE SPORT SEASON. THE PE COURSE WILL APPEAR ON THEIR REPORT CARD AND SHOW A "P" FOR PASS. THIS ALSO GIVES THE STUDENT THE CREDIT FOR THE PE COURSE. AFTER THE SPORT SEASON ENDS, THE STUDENT REPORTS BACK TO THE ASSIGNED PE CLASS. EXEMPTION FROM PHYSICAL EDUCATION -- SEE PAGE 2 OF THIS GUIDE

**841PE PHYSICAL ED (Fr, Sophs, Jrs, Srs) SEM 1 .5 credit**  
**842PE PHYSICAL ED (Fr, Sophs, Jrs, Srs.) SEM 2 .5 credit**

Student Activities: TEAM SPORTS: basketball, volleyball, soccer, flag-football, softball  
INDIVIDUAL SPORTS: badminton, paddle tennis, tennis  
PHYSICAL FITNESS: weightlifting, calisthenics, aerobics, walking  
Student Evaluation: Participation, cooperation, and written tests.

**NOTE: P.E. GRADE IS INCLUDED IN CUMULATIVE GPA.**

**406/407CONED CONSUMER EDUCATION (Jrs) Qt. 1,2,3,4 .25 credit**

Prerequisite: NONE

This is a quarter course required for graduation and usually is taken during the Junior year. The student is enrolled in Physical Education for the other quarter during the semester this course is taken.

Student Activities: Budgeting, banking, credit, insurance and car buying.  
Student Evaluation: Handouts, quizzes and tests.

**843HLTH HEALTH (Sophs) SEM 1 .5 credit**  
**844HLTH HEALTH (Sophs) SEM 2 .5 credit**

The Health Education program at Althoff hopes to make students aware of health related topics that can affect the quality of their life. The topics covered are: drugs and alcohol, smoking and other forms of tobacco usage, hygienic practices, nutrition, infectious and non-infectious disease, coping with stress, fitness, first aid and safety, and mental health. Anatomy is taught when appropriate.

Students Activities: Lectures, discussions, group projects, audio-visual materials, professional speakers, and use of contemporary materials (newspapers, magazines, TV programs).

Student Evaluation: Tests, quizzes, written assignments, semester exam.