

**Northside Christian Academy
Curriculum Guide**

Subject: Health

Grade 9

Philosophy Statement

God's word teaches that the Christian's body is God's dwelling place, His temple. God has designed our bodies and has charged us with the maintenance of them. We belong to Him and should be good stewards of His temple in order to glorify Him (Cor. 6:19-20). The more we know about our bodies and the factors that affect good health, the more able we are to make good health choices.

Course Description

This is a one-semester course and health is addressed from a Christian perspective. Areas of study include human anatomy, growth and development, nutrition, disease, personal hygiene, first aid and CPR.

General Course Goals

- Overview of health from a Biblical, Christian perspective
- Overview of human anatomy through the study of the eleven body systems
- Identification of general nutrition and how to make wise health decisions concerning nutrition
- Ability to administer general first aid by studying and practicing first aid procedures (including CPR)
- Ability to maintain a healthy appearance through the practice of good personal hygiene habits
- Awareness of current health issues and topics are reinforced through weekly lab projects

Text(s)/Class Resources

- *HEALTH for Christian Schools*, Bob Jones University Press, 1995.
- Teacher Resource from publisher
- Various Internet sources

Time Allotment

- One 45 minute class per day, 5 times per week
- Course length: one semester

Assessment:

- Two quizzes and one exam per unit
- One cumulative exam
- One project per quarter presented in both written and oral format
- Weekly lab reports
- Homework checked as assigned

Northside Christian Academy
Curriculum Guide

Subject: Senior High Boys Physical Education
Grade(s): 9-12

Philosophy Statement

The Scriptures plainly teach that God created man in His own image (Genesis 1: 27). His children are the dwelling place of the Holy Spirit and their bodies are not their own. Christians are admonished to “glorify God in your body and your spirit, which are God’s” (I Corinthians 6: 20). It is our responsibility to be good stewards of these bodies through which we serve God. An important part of that stewardship is physical fitness through exercise.

Course Description

This course is taught for one semester and includes instruction in weight training, plyometrics, touch football, volleyball, basketball, and wrestling. The weight training/plyometrics is done two days per week while the other three days are devoted to the sports previously named.

General Course Goals

- Instruction is proper lifting techniques in the core lifts: bench press, parallel squat, and power cleans.
- Awareness of safety while lifting by instruction in correct spotting techniques when lifting with workout partners.
- Improve core body strength and balance for everyday activities as well as participation in athletics.
- Improve skills and demonstrate knowledge of game rules for playing various recreational sports.

Text(s)/Class Resources

- Use of free weights and weight machines.
- Use of jump ropes, “Dot Drill” mats, and plyometric boxes
- Use of various sports – specific equipment for games

Time Allotment

- One 45 minute class per day, 5 times per week
- Course length: one semester

Assessment

- Weight lifting maxes (3 times per semester)
- Skills tests (1 per sport played)
- Timed each week in the Dot Drill
- Graded on daily dressing out and attitude

Northside Christian Academy
Curriculum Guide

Subject: SH Physical Education (Girls)

Grades: 9

Philosophy Statement

God's word teaches that the Christian's body is God's dwelling place, His temple. God has designed our bodies and has charged us with the maintenance of them. We belong to Him and should be good stewards of His temple in order to glorify Him (Cor. 6:19-20). It is our responsibility to be good stewards of these bodies through which we serve God. An important part of that stewardship is physical fitness through exercise. Physical fitness is also essential for students to lead healthy, active lives and the emphasis of strength and conditioning for young women has long-term health benefits.

Course Description

This course is taught for one semester and includes instruction in weight training, plyometrics, trench, basketball, volleyball, soccer, football and whiffle ball. The weight training/plyometrics is done 2 days per week while the other day is devoted to the sports previously named.

General Course Goals

- Instruction is proper lifting techniques in the core lifts: bench press, parallel squat, and power cleans.
- Awareness of safety while lifting by instruction in correct spotting techniques when lifting with workout partners.
- Improve core body strength and balance.
- Improve core body strength for everyday activities as well as participation in athletics.
- Improve agility, flexibility, and aerobic capacity
- Improve skills for playing various recreational sports.

Text(s)/Class Resources

- Use of free weights and weight machines.
- Use of jump ropes, "Dot Drill" mats, and plyometric boxes
- Use of resistance tubing, stability balls and agility ladder
- Use of various sports – specific equipment for games
- Perform Better - Charts and Posters

Time Allotment

- One 45 minute class per day, 5 times per week
- Course Length: 1 Semester

Assessment

- Weight lifting maxes (2 times per semester)
- Timed each week in Dot Drills
- Graded on daily dressing out and attitude
- Completion of workout chart – signed daily
- Skills tests (2 per sport played)

Northside Christian Academy
Curriculum Guide

Subject: Weight Training

Grade(s): 9-12

Philosophy Statement

The Scriptures plainly teach that God created man in His own image (Genesis 1: 27). His children are the dwelling place of the Holy Spirit and their bodies are not their own. Christians are admonished to “glorify God in your body and your spirit, which are God’s” (I Corinthians 6: 20). It is our responsibility to be good stewards of these bodies through which we serve God. An important part of that stewardship is physical fitness through exercise. One facet of fitness is muscular strength. Improved strength can help correct postural deviations, rehabilitate injuries, and enhance athletic performance.

Course Description

This course is taught for two semesters and is designed to enhance physical fitness through strength, agility, flexibility and aerobic training. It involves instruction in proper lifting techniques in core lifts and safety while lifting. Improved overall body strength is the goal and auxiliary lifts (many of which are sport-specific) are incorporated.

General Course Goals

- Instruction is proper lifting techniques in the core lifts: bench press, parallel squat, and power cleans.
- Safety while lifting by instruction is correct “spotting” techniques by workout partners
- Improve core body strength for everyday activities as well as participation in athletics.
- Improve balance and ballistic movements through plyometric exercises.
- Improve agility and flexibility through resistance, aerobic and static stretching exercises

Text(s)/Class Resources

- Use of free weights and weight machines
- Use of plyometric equipment such as weighted balls, jump ropes, boxes, and “Dot Drill” mats.
- Use of agility ladders, resistance tubing, stability balls

Time Allotment

- One 45 minute class per day, 5 times per week
- Course length: two semesters

Assessment

- Initial evaluation of pre-lifting one repetition maximum for each core lift.
- Max-out at the end of each lifting cycle (7 weeks).
- Time each student weekly in the Dot Drill.
- Daily observation and completed Workout card