



Mount Carmel Academy Health and Physical Education Department

The philosophy of the Mount Carmel Academy Health and Physical Education Department is centered on an appreciation of and respect for the human body as created by God. Classes provide an atmosphere focused on enhancing physical, mental, social, and spiritual attributes through meaningful physical activity and teamwork in order to promote life-long movement. It is our hope that students will incorporate health wellness and physical movement/exercise into their daily lives.

The Health and Physical Education department at Mount Carmel Academy consists of five full-time faculty members and two part-time faculty members. Classes are divided into grade levels when class size permits.

Students are given opportunities in a variety of lifetime activities, which include participating in individual and team sports/activities. We believe it is important that everyone learns how to achieve goals as individuals and in a team context. Students are instructed on the rules and regulations prior to participation in any sport, and fair play and sportsmanship are stressed throughout the department.

Assessment of the student is divided into five key areas: dressing out, attitude and participation, knowledge and understanding of sports/activities, physical fitness test, and health. The "dressing out" grade requires the student to accept personal responsibility for being prepared on a daily basis by reporting to class on time and in the proper uniform. Attitude and participation are very important because not all of our students are athletes. We recognize and accept this fact and encourage everyone to do their best. The sport/activity grade is based on the student's ability to demonstrate an understanding of the rules and regulations. Pre and post assessment on the rules of each particular sport/activity is required. The physical fitness test is guided by the national standards. The test includes the five components of fitness: sit-ups (core strength), push-ups (upper body strength), shuttle run (agility), sit and reach (flexibility), and the one-mile run (endurance). Finally, our health curriculum covers areas including: stress management, driver's education, sexually transmitted infections, cancer in women, CPR/First Aid certification, Louisiana community health, and personal safety. Classes are rotated in three week units so that the instructors are given access to each of the gyms (Duplantis and Auxillary), the Mother Therese

Chevrel Assembly Center, fitness center, and health classroom. Our curriculum is aligned with the National and Louisiana Standards for Health and Physical Education.

Through it all, we strive to create an atmosphere that is conducive for each student to express her own uniqueness in each activity and to embrace a lifestyle that incorporates health and physical activity. We strongly believe that our success will be our students' ability to live long, healthy and productive lives that benefit themselves and their families.