

Physical Education Focuses On Fitness First

Fitness first is going to be the primary focus in all physical education courses here at Douglas High School. Whether your son or daughter is in lifetime sports, jazz dance, volleyball, aquatics, or basketball, a large percentage of the class period will be devoted to fitness related activities. Activities will be designed to improve cardiovascular endurance, strength, flexibility, coordination, muscle endurance, and agility.

As you well know, during the past 20 years, obesity in adults has risen significantly. The Centers for Disease Control and Prevention have statistics that show over 60 million people are obese in this country. Unfortunately, the number of young people who are overweight has more than tripled since 1980. Presently, 16 percent of the population, or over 9 million young people, are considered overweight. These numbers truly are alarming. Obesity and overweight increases the risks for many diseases and health conditions such as hypertension, high blood triglycerides, type 2-diabetes, coronary heart disease, stroke, osteoarthritis, sleep apnea, and some cancers. Efforts to reduce the prevalence of obesity in this nation are ongoing. We have a serious health issue that must be addressed in schools and at home.

With this in mind, it is our hope that parents will support our efforts to increase the activity levels of our students. Many of our students have developed habits that desperately need to change. That change is going to require your assistance. Our goal in physical education is to provide awareness, information, and an opportunity for regular physical activity. Since our classes meet only two or three times a week, it is critical that your student be active outside the classroom. All of us can make a difference by supporting and encouraging healthy habits. Let's get moving!

DHS Physical Education Department