



# Physical Education Courses

Physical Education and Health challenges students to strive toward their optimal potential, physically and mentally. Every student is capable of reaching a healthy level of fitness and wellness which fosters positive self worth and assurance. The physical education/health experience promotes opportunities for development of acceptable social interaction, teaching students to respect the diversity, uniqueness and dignity of others. Through active participation in a variety of enjoyable activities, the learner acquires knowledge and skills which provide the foundation for lifelong commitment to physical activity and wellness.

The physical education and health programs provide and maintain quality opportunities for the learner in health-related physical fitness and wellness which are incorporated into each lesson through a variety of activities. Direct fitness learnings and conditioning that apply to the activities will provide the basic knowledge needed to understand and experience fitness. Organized activities and game related activities allow the learners to experience variety and new kinds of enjoyment while achieving the health-related fitness goals.

## COURSE REQUIREMENTS FOR PHYSICAL EDUCATION/HEALTH STUDENTS

**Students must complete seven trimesters in Physical Education/Health/Safety Education.**

- Exercise & Sport Science I (9)
- Exercise & Sport Science II (9)
- Fitness & Activities (9) (*Students may choose to delay this requirement. See the note below for details.*)
- Safety Education (9 or 10) (*See birthday rule*)
- Wellness (10)
- 2 Physical Education Electives (10-12) (*Three electives if Fitness & Activities was not taken in grade 9*)

### Course Requirements for Students in Grade 9

- Exercise & Sport Science I
- Exercise & Sport Science II
- Fitness and Activities **AND/OR**
- Safety Education (See note below for details)

### Course Requirements for Students in Grade 10

- Wellness
- Safety Education (if this course was not taken in grade 9)

### Additional Requirements for Students in Grades 10-12

- Two additional Physical Education elective courses  
(three electives if Fitness & Activities was not taken in grade 9)

#### Note:

- Students born before Sept. 7, 2003, may select course 0807 Safety Education (offered fall trimester)
- Students born on Sept. 8, 2003, through Feb. 7, 2004, may select course 0808 Safety Education (offered winter trimester)
- Students born on Feb. 8, 2004, through May 14, 2004, may select 0809 Safety Education (offered spring trimester)
- Students born after May 15, 2004, must wait until the 2019-2020 school year to take Safety Education.

#### Note:

- Students selecting Safety Education in grade 9 may choose not to select Fitness & Activities. These students must complete their 9th grade requirement in grades 10-12 by enrolling in a Physical Education course of their choice.

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# PHYSICAL EDUCATION COURSES

## COURSES OFFERED TO STUDENTS IN GRADES 9, 10, 11, AND 12

- ♣ 0801 **Exercise and Sport Science I** Grades 9, 10, 11, 12  
0802 **Exercise and Sport Science II** Prerequisite: None

These courses alternate between the health classroom one day and physical education the next day. These courses will emphasize family and social health, nutrition, exercise and fitness, and understanding the functioning of the human body including the skeletal, muscular, nervous, cardio, and respiratory systems. **NOTE: Human sexuality curriculum and HIV/AIDS curriculum are presented in this course. Note: Exercise and Sport Science I must be completed prior to enrollment in Exercise and Sport Science II.**

- ♣ 0803 **Fitness and Activities** Grades 9, 10, 11, 12  
Prerequisite: None

This course is an activity course in physical education and includes a variety of individual and team sports with emphasis on teamwork sportsmanship and physical conditioning.

- ♣ 0807 **Safety Education (offered fall 2018)** Grades 9, 10, 11, 12  
0808 **Safety Education (offered winter 2018-2019)** Prerequisite: See birthday requirement.  
0809 **Safety Education (offered spring 2019)**

This course will cover driver education, accident prevention and modern automobile safety procedures. The final weeks of the course will provide students with community, adult, child, and infant CPR instruction in preparation for the Red Cross CPR certificate. **This course is required for graduation. Students must enroll in a specific course number according to birth dates as follows:**

**Students born before Sept. 7, 2003: enroll in course number 0807.**

**Students born on Sept. 8, 2003, through Feb. 7, 2004: select course number 0808.**

**Students born on Feb. 8, 2004, through May 14, 2004: select course number 0809.**

**Students born after May 15, 2004, must wait until the 2019-2020 school year to select Safety Education.**

**NOTE: Registration adjustments may be made to balance classes.**

## COURSES OFFERED TO STUDENTS IN GRADES 10, 11, AND 12

- ♣ 0826 **Wellness** Grades 10, 11, 12  
Prerequisite: Exercise & Sport Science I and II

Emphasis in this course will be placed on mental health, mental disorders, stress awareness, drug education, social and personal health, and understanding mind and behavior.

- ♣ 0829 **Lifetime Sports** Grades 10, 11, 12  
Prerequisite: None

This course will offer skills instruction in disc golf, archery, bowling (if available), golf, pickle ball and table tennis. **NOTE: A donation of \$25 will be requested.**

- ♣ 0830 **Racquet Sports** Grades 10, 11, 12  
Prerequisite: None

This course will offer skills instruction in physical conditioning, table tennis, speedminton, badminton, tennis, pickle ball and other racquet sports.

- ♣ 0831 **Fall Team Activities** Grades 10, 11, 12  
Prerequisite: None

This activities course will emphasize teamwork, sportsmanship and physical conditioning. The following team sports will be included: razzle dazzle football, soccer, speedball, Irish frizbee, volleyball and basketball.

- ♣ 0832 **Winter Team Activities** Grades 10, 11, 12  
Prerequisite: None

This activities course will emphasize teamwork, sportsmanship and physical conditioning. The following team activities will be included: basketball and volleyball.

- ♣ 0833 **Spring Team Activities** Grades 10, 11, 12  
Prerequisite: None

This activities course will emphasize teamwork, sportsmanship and physical conditioning. The following team activities will be included: softball, razzle dazzle football and Irish frizbee.

## PHYSICAL EDUCATION COURSES

### ☘ 0834 Beginning Strength Training for Women

Grades 10, 11, 12  
Prerequisite: None

This course will use a various skills and instruction for physical conditioning for women. In this course students will use proper stretching techniques, free weights, plyometrics, a variety of weight machines and ways in which to train and condition. Emphasis will be on safety, proper training methods and the concept of overall fitness training.

### ☘ 0835 Intermediate Strength Training for Women

Grades 10, 11, 12  
Prerequisite: Beginning Strength Training or summer program

This course will use a various skills and instruction for physical conditioning for women. In this course students will use proper stretching techniques, free weights, plyometrics, a variety of weight machines and ways in which to train and condition. Emphasis will be on safety, proper training methods and the concept of overall fitness training.

### ☘ 0836 Advanced Strength Training for Women

Grades 10, 11, 12  
Prerequisite: Two previous courses or summer program

This course will use a various skills and instruction for physical conditioning for women. In this course students will use proper stretching techniques, free weights, plyometrics, a variety of weight machines and ways in which to train and condition. Emphasis will be on safety, proper training methods and the concept of overall fitness training.

### ☘ 0837 First Aid: Prevention and Care of Injuries

Grades 10, 11, 12  
Prerequisite: None

This course is designed to train students to help people in emergencies. It teaches the standard first aid skills a person needs to act as the first link in the emergency medical services (EMS) system. Procedures and techniques in the prevention and care of injuries, taping techniques, and the trainer's role in the care of injuries will be emphasized. **NOTE: A donation of \$20 will be requested.**

### ☘ 0838 Winter Outdoor Recreation

Grades 10, 11, 12  
Prerequisite: None

This course will offer instruction in conditioning and the skills related to snow shoeing, downhill and cross country skiing. **NOTE: A field trip project donation of \$25 will be requested.**

### ☘ 0839 Spring Outdoor Recreation

Grades 10, 11, 12  
Prerequisite: None

This course will offer instruction in conditioning and the skills related to disk golf, rock climbing, and canoeing. There is a major emphasis on climbing. **NOTE: A donation of \$20 will be requested.**

### ☘ 0840 Self Defense

Grades 10, 11, 12  
Prerequisite: None

This course is designed to offer students basic instruction in the principles, knowledge and philosophy of basic self defense.

### ☘ 0841 Gymnastics

Grades 10, 11, 12  
Prerequisite: None

This course will offer individualized instruction in fundamental gymnastics for both men and women. The students will choose an area of concentration and progress at their own pace. Areas included will be balance beam, floor exercise, vaulting, uneven parallel bars and tumbling.

### ☘ 0842 Fit for Life A

Grades 10, 11, 12  
Prerequisite: None

This course is for anyone looking to learn and maintain a healthy lifestyle both mentally and physically. It will combine core strengthening with functional every day movements for a lifetime of fitness. This course will also include light cardio training as a way to increase your over-all health. Stress reduction techniques, such as yoga, will also be included.

### ☘ 0843 Fit for Life B

Grades 10, 11, 12  
Prerequisite: None

This course will be a continuation to reach a better level of fitness. It will use additional core strengthening strategies combined with functional every day movements for a lifetime of fitness. This course will also include some cardio training as a way to increase your over-all health. Stress reduction techniques, such as yoga, will also be included.

# PHYSICAL EDUCATION COURSES

 0845 Volleyball Grades 10, 11, 12  
Prerequisite: None

Volleyball will provide an opportunity for students to understand and apply the skills in Volleyball as played by Olympic teams and local leagues. It will include skills, advanced offensive and defensive plays, strategies and rule knowledge for officiating.

 0846 Advanced Volleyball Grades 10, 11, 12  
Prerequisite: Power Volleyball


This course will provide an opportunity for students to understand and apply the advanced skills, techniques, strategies and team play used in volleyball and variations of the game. They will learn and apply officiating and organizational skills in game/ match and/or tournament situations.

 0847 Fit for Life - Zero Hour\* Grades 10, 11, 12  
Prerequisite: None



(\*Offered 0 hour 6:30 - 7:20 a.m.)

This course will meet everyday and will be offered Fall and Spring trimester. It will not be offered Winter trimester. This course is for anyone looking to learn and maintain a healthy lifestyle both mentally and physically. It will combine core strengthening with functional every day movements for a lifetime of fitness. This course will also include light cardio training as a way to increase your over-all health. Stress reduction techniques, such as yoga, will also be included.

 0848 T1 Beginning Strength Training and Conditioning Grades 10, 11, 12  
0849 T2 Beginning Strength Training and Conditioning Prerequisite: None  
0850 T3 Beginning Strength Training and Conditioning

This course is for students with very little experience with strength training and conditioning. In this course students will be introduced to free weights, proper stretching techniques, and a variety of ways to condition. Emphasis will be on safety, proper lifting techniques, and the concept of total fitness.


 0880 T1 S.P.A.R.Q. (SPEED, POWER, AGILITY, REACTION AND QUICKNESS) Grades 10, 11, 12  
0881 T2 S.P.A.R.Q. (SPEED, POWER, AGILITY, REACTION AND QUICKNESS) Prerequisite: None  
0882 T3 S.P.A.R.Q. (SPEED, POWER, AGILITY, REACTION AND QUICKNESS)




(\*Offered 0 hour thru the end of Period 1 [6:30-8:20 a.m.], every other day)

The SPARQ class is for students who want to be challenged to take their fitness to the next level. Students will learn about different types of workouts, how to use many different types of equipment and how to work with a variety of people. It's an opportunity for individualized learning for students interested in further developing personal speed, power, agility, and quickness. Full body exercises such as the power clean, squat, snatch and jerk will be implemented into weekly workouts. A variety of equipment and body movements will be used to keep exercises fresh for maximizing physical development.

## COURSES OFFERED TO STUDENTS IN GRADES 11 AND 12

 0851 T1 Intermediate Strength Training and Conditioning Grades 11, 12  
0852 T2 Intermediate Strength Training and Conditioning Prerequisite: Beginning Strength Training  
0853 T3 Intermediate Strength Training and Conditioning and Conditioning or Summer Program

This course is for students with some experience in strength training and conditioning. In this course students will continue to use free weight training, demonstrate proper stretching techniques, and participate in a variety of conditioning procedures. Student will work on mastering safety, proper lifting techniques, and achieving their fitness goals. **NOTE: Students may not take more than six strength training courses for credit. Students who have had previous strength training courses must count these classes toward this limit.**

 0876 T1 Advanced Strength Training and Conditioning Grades 11, 12  
0877 T2 Advanced Strength Training and Conditioning Prerequisite: Two previous courses in strength  
0878 T3 Advanced Strength Training and Conditioning training or summer program

This course is for experienced students in strength training and conditioning. In this course students will demonstrate mastery in free weight training, proper stretching techniques, and participate in a variety of conditioning procedures. Students will analyze their skill and training development to achieve their physical fitness goals based on acquired knowledge and training procedures. **NOTE: Students may not take more than six strength training courses for credit. Students who have had previous strength training courses must count these courses toward this limit.**