

## PHYSICAL EDUCATION AND HEALTH COURSES

### *PROMOTING EMOTIONAL, PHYSICAL, MENTAL AND SOCIAL HEALTH AND WELLNESS*

#### COURSE REQUIREMENTS FOR STUDENTS IN GRADE 9

Students in Grade 9 are required to take 1 trimester course in Physical Education and 1 trimester course in health. The two required courses are:

0901 Issues in Wellness I

0903 Fitness for Life A

0928 Safety Education or 0929 Safety Education \*See notes on page 42 about Safety Education

#### COURSE REQUIREMENTS FOR STUDENTS IN GRADE 10

Students in Grade 10 are required to take one trimester course in health education and one trimester course in safety education. They are:

0926 Issues in Wellness II

0927 Safety Education

0928 Safety Education\*

0929 Safety Education\*

\*See notes on next page relating to 9th graders taking Safety Education classes.

In addition students must complete three additional courses in Physical Education from the open elective list for Grades 10-12.

0901 Issues in Wellness I

Grade 9

Prerequisite: None

Participation in Wellness I will focus on achieving wellness through identification and development of behaviors that promote physical and social health. Brain development, nutrition, fitness, prevention of communicable disease, family and social relationships will be covered. **THIS COURSE INCLUDES HIV/AIDS, AND HUMAN REPRODUCTION AND SEXUALLY TRANSMITTED INFECTIONS ARE PART OF THE CURRICULUM.** Students will be given the skills necessary to promote a positive healthy lifestyle for themselves and others. **Successful completion of this class is required for graduation.** This class must be taken in ninth grade.

0903 Fitness for Life A

Grade 9

Prerequisite: None

This course is an activity course in physical education. It will include a variety of individual and team sports with emphasis on fitness development and teamwork.

Fall activities include cross country, introduction to strength training, soccer, flag football, volleyball, and basketball

Winter activities include basketball, volleyball, team handball, floor hockey, indoor soccer, and speedball.

Spring activities include softball, track and field, ultimate Frisbee, disc golf, indoor soccer, and team handball.

0905 Freshman Team Activity

Grade 9

Prerequisite: None

This class will include a variety of individual and team sports with the emphasis on fitness development and teamwork. This is a physical education class for freshman only that does satisfy one of the high school phy-ed requirements.

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### COURSES FIRST OFFERED TO STUDENTS IN GRADE 10

#### 0926 Issues in Wellness II

Grades 10

Prerequisite: Issues in Wellness I

This course will focus on the development of wellness. Students will study such topics as physical and social health, stress, mental health, drug abuse prevention, the completion of the life cycle, non-communicable disease, and consumer health. Students will be given the skills necessary to promote a positive healthy lifestyle for themselves and others. **NOTE: Successful completion of this class is required for graduation.**

#### 0926a Issues in Wellness II Online

Grades 10

Prerequisite: Issues in Wellness I

This course will focus on the development of wellness. Students will study such topics as physical and social health, stress, mental health, drug abuse prevention, the completion of the life cycle, non-communicable disease, and consumer health. Students will be given the skills necessary to promote a positive healthy lifestyle for themselves and others. ONLINE ISSUES IN WELLNESS II combines the same curriculum as ISSUES IN WELLNESS II with online activities. ONLINE ISSUES IN WELLNESS II will meet once a week. Students must be able to work independently and must have parent permission. **NOTE: Successful completion of this class is required for graduation.**

#### 0927 Safety Education

Grades 9,10,11,12,

#### 0928 Safety Education

Prerequisite: None

#### 0929 Safety Education

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

- All 10th graders enroll in 0927.
- 9th grade students reaching the age of 15 on or before January 15 enroll in course number 0928.
- 9th grade students reaching the age of 15 after January 15 enroll in course number 0929.

**NOTE:** Ninth grade students may elect Safety Education 0928 or 0929, depending on their date of birth.

#### 0931 Racquet Sports

Grades 10,11,12

Prerequisite: None

This course will promote fitness through instruction in the lifelong activities of table tennis, badminton, pickleball and tennis. Individual and team tournaments will be included.

#### 0932 Fall Team Activities

Grades 10,11,12

Prerequisite: None

This activities course will emphasize physical fitness through participation in team sports. Units included will be: football, soccer, team handball, ultimate Frisbee, lacrosse and dodgeball. Protective eyewear must be furnished by the student.

#### 0933 Winter Team Activities

Grades 10,11,12

Prerequisite: None

This activities course will emphasize physical fitness through participation in team sports. Units included in the course will be: floor hockey, lacrosse and basketball. Protective eyewear must be furnished by the student.

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### 0934 Spring Team Activities

Grades 10,11,12

Prerequisite: None

This activities course will emphasize physical fitness through participation in team sports. Units included in the course will be: team handball, disc golf, lacrosse and softball. Protective eyewear must be furnished by the student.

### 0935 Lifetime Sports

Grades 10,11,12

Prerequisite: None

This course will offer skills instruction in disc golf, badminton and bowling. There will be a suggested donation of \$90 for the bowling field trips which are included in the course.

### 0936 Racquet Sports II

Grades 10,11,12

Prerequisite: 0931 Racquet Sports

Racquet Sports II will promote life long activity and will provide an opportunity for students to understand, practice and apply the advanced skills and strategies in the various sports such as badminton, pickle ball, table tennis as played by National and International teams.

### 0940 First Aid: Prevention and Care of Injuries

Grades 10,11,12

Prerequisite: None

This course is designed to offer students the knowledge in injury treatment to perform basic principles of first aid training. The course will include the following topics: injuries occurring as a result of participation in athletics and activities; procedures and techniques in the prevention and care of injuries; and the first aiders role and the trainers role in the care of injuries. First Aid/CPR Certification can be obtained with completion of Red Cross requirements.

### 0944 Volleyball

Grades 10,11,12

Prerequisite: None

Volleyball will provide an opportunity for students to understand and apply the basic skills in Volleyball. It will include basic skills, rules of the game, strategies and tournament play.

### 0948 Practical Self Defense

Grades 10,11,12

Prerequisite: None

This course will provide basic instruction in practical self defense such as: defense maneuvers, personal safety, legal issues, weight training, conditioning, coordination and self-confidence. This course is designed for students with little or no self-defense experience.

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### 0949 Stress Management

Grades 10,11,12

Prerequisite: None

This class is designed to provide a detailed study of individual stressors, the stress response, and stress management skills. The class includes identifying individual differences to evaluate stress, responding to stress and developing appropriate stress management skills to deal with stress in a healthy manner.

### 0954 Speed Development I

Grades 10,11,12

Prerequisite: None

Two primary objectives of this course are to 1) increase vertical jump by 2 inches and/or drop 2/10's off of the students 40 yard dash time and 2) develop cognitive knowledge regarding the training methods necessary to achieve objective #1. Training methods to be used include: plyometrics, strength training, speed development, and periodization.

### 0955 Speed Development II

Grades 10,11,12

Prerequisite: None

To achieve and maintain a health-enhancing level of physical fitness relative to speed development, first step quickness, agility and explosive power. Coursework will reflect increased rigor and daily performance more challenging than Speed Development I.

### 0960 Volleyball II

Grades 11,12

Prerequisite: Volleyball, 0944

This class will provide an opportunity for students to apply advanced skills in volleyball. It will include power skills, advanced offensive and defensive strategies, coaching techniques, game preparation, and knowledge of rules for officiating.

### 0961 Advanced Basketball

Grades 11,12

Prerequisite: Winter Team Sports, 0933

This course will provide an opportunity for students to apply advanced skills in basketball. It will include fundamental skills, advanced offensive and defensive strategies, and skill challenges. It will explore innovative levels of diversified games. Students will be given the experience necessary to use basketball as a lifetime activity. This course is open to students of all skill levels.

### 0962 Indoor Soccer

Grades 11,12

Prerequisite: Fall Team Activities, 0932

This course will provide the unique opportunity for students to participate in one of the fastest growing lifetime activities. Experience the excitement of Indoor Soccer. This class will include fundamental skill review, advanced offensive and defensive strategies, coaching techniques and game preparation. Tournament and league play will be utilized. This course is open to students of all skill levels.

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### 0963 Indoor Soccer II

Grades 11, 12

Prerequisites: 0962 Indoor Soccer

This course will provide students with an understanding of the rules of soccer, advanced skill development, offer game play and use of team strategy, and knowledge of the rules for officiating. This course is open to students who have successfully completed 0962 Indoor Soccer.

### 0964 Strength Training I

Grades 10,11,12

Prerequisite: None

This introductory course will introduce students to all aspects of strength training and conditioning. Emphasis will be on safety, basic lifting techniques, and the concept of total fitness training. Note: This course is a prerequisite to all other strength training courses.

### 0965 Strength Training II

Grades 11,12

Prerequisite: 0964 Strength Training I/ES4

This intermediate strength training course will utilize all types of training apparatus to introduce students to the "systems" approach to weight training. Students will begin to learn how to design an effective training program.

### 0970 Aerobics I

Grades 10,11,12

Prerequisite: None

This course is a beginning level class designed to teach the basics of aerobics and to motivate students to change their personal fitness levels. A variety of low impact activities will be used to strengthen muscles and increase cardiovascular level. Activities will include low impact aerobics, power walking and conditioning.

### 0971 Aerobics II

Grades 10,11,12

Prerequisite: None

This course will focus on increasing fitness levels by using step aerobics, double step, muscle conditioning and weight training. The class activities will increase your aerobic capacity, muscle strength and cardiovascular fitness.

### 0972 Aerobics III

Grades 10,11,12

Prerequisite: None

This course is designed to enhance personal fitness levels. Components of instruction will be physiology, nutrition, muscle conditioning, toning muscles and cardiovascular conditioning, through the use of low impact/high intensity aerobics and step aerobics.

### 0973 Aerobics IV

Grades 10,11,12

Prerequisite: Aerobics I

This course is designed to provide the opportunity for students to reach a higher level of fitness and to apply knowledge to a lifetime of physical activities. Aerobics offers a way to increase cardiovascular conditioning as well as strengthen and tone muscles. This will be accomplished by the use of low impact/high intensity aerobics and step aerobics.

## PHYSICAL EDUCATION AND HEALTH COURSES

0974 Unified Physical Education

Grades 10, 11, 12  
Prerequisite: None

This combined General Education and Adapted Physical Education class will allow students to improve performance of self and others in recreational and fitness activities. This class is an opportunity to join people with and without disabilities in the same class. This class is inspired by a simple principle: playing together is a quick path to friendship and understanding. Students will have the opportunity to participate in and make modifications for themselves and others. **Students may take this course one time for PE credit and additional times for general elective credit.**

0966 Strength Training III

Grades 11,12  
Prerequisite: 0965 Strength Training II/ES4

This advanced strength training will teach students how to plan and prepare an individualized program designed to meet specific goals of training. Students will create programs while considering exercise selections, training frequency, exercise order, training load and repetitions, volume and rest periods.

0975 Strength Training for Women

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

0967 S.P.A.R.Q. A – Speed, Power, Agility, Reaction and Quickness

Grade 11, 12  
Prerequisite: None

The SPARQ class is not just for the student athlete but for anyone who wants to be challenged to take their fitness to the next level. Students will get out of the class what they put in but in the end they will have learned a lot about different types of workouts, how to use many different types of equipment and how to work with many different types of people. The greatest reward each student will learn is confidence. It is an opportunity for individualized learning for students interested in personal speed, power, agility, and quickness development. This class is established as a block period of zero hour through period 1 and meets on an every other day basis.

0968 S.P.A.R.Q. B - Speed, Power, Agility, Reaction and Quickness

Grade 11, 12  
Prerequisite: None

The SPARQ class is not just for the student athlete but for anyone who wants to be challenged to take their fitness to the next level. Students will get out of the class what they put in but in the end they will have learned a lot about different types of workouts, how to use many different types of equipment and how to work with many different types of people. The greatest reward each student will learn is confidence. It is an opportunity for individualized learning for students interested in personal speed, power, agility, and quickness development. This class is established as a block period of zero hour through period 1 and meets on an every other day basis.

0969 S.P.A.R.Q. C - Speed, Power, Agility, Reaction and Quickness

Grade 11,12  
Prerequisite: None

The SPARQ class is not just for the student athlete but for anyone who wants to be challenged to take their fitness to the next level. Students will get out of the class what they put in but in the end they will have learned a lot about different types of workouts, how to use many different types of equipment and how to work with many different types of people. The greatest reward each student will learn is confidence. It is an opportunity for individualized learning for students interested in personal speed, power, agility, and quickness development. This class is established as a block period of zero hour through period 1 and meets on an every other day basis.